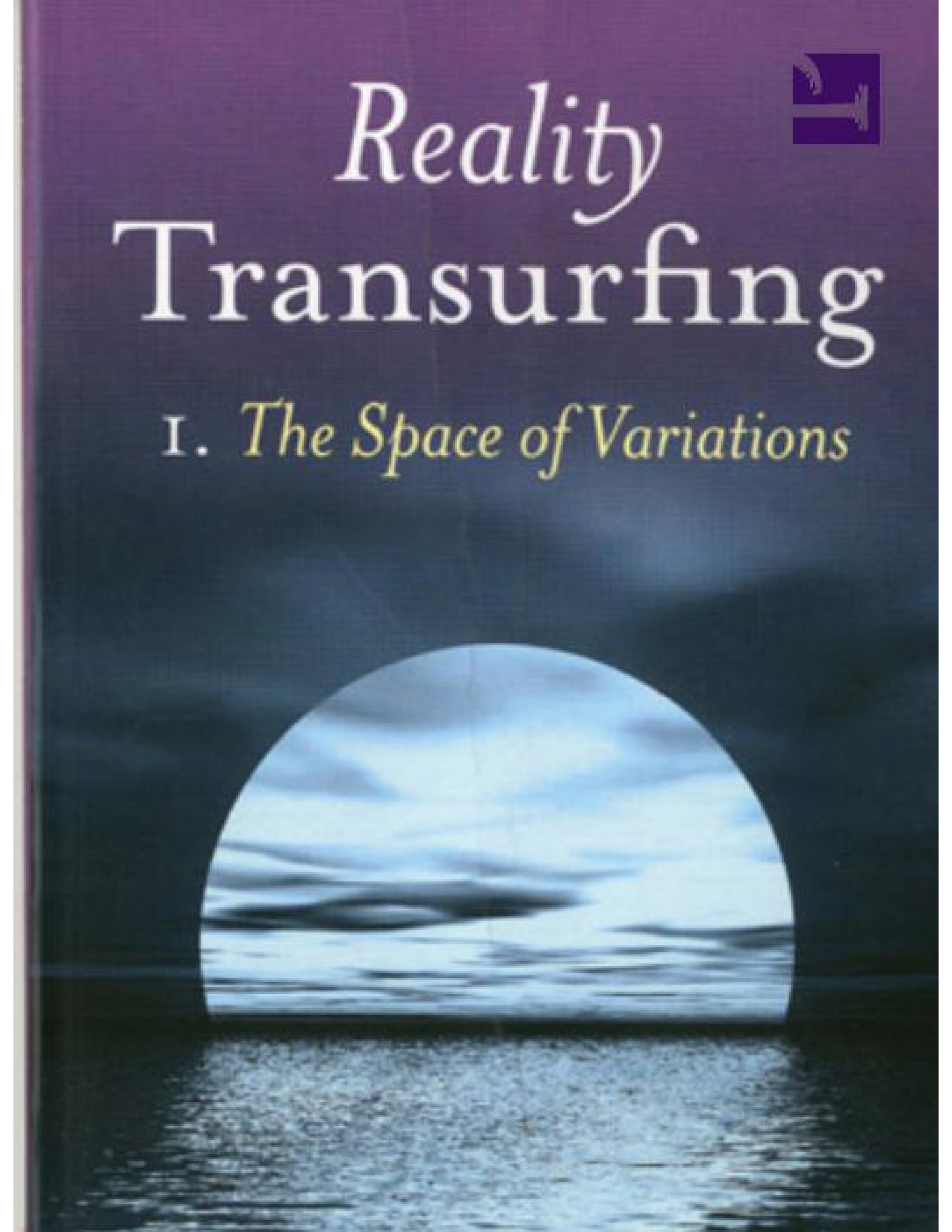
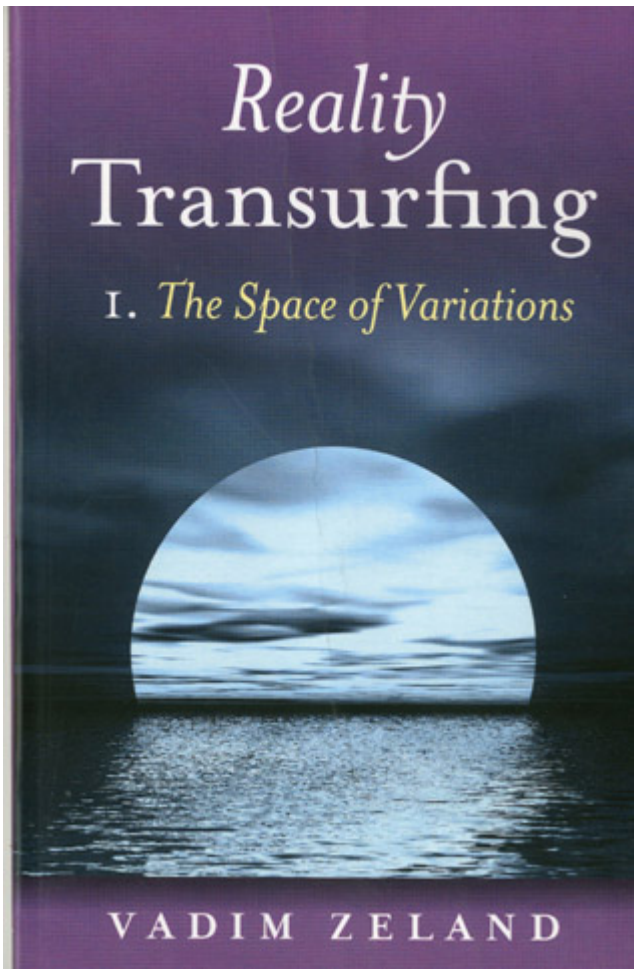
Reality Transurfing

I. The Space of Variations





Reality

Transurfing

VOLUME I

THE SPACE OF

VARIATIONS

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Tel: 61 3 9761 5535 Fax: 61 3 9761 7095

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Reality

Transurfing

VOLUME I

THE SPACE OF

VARIATIONS

Vadim Zeland

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Reality Transurfing 1:

The Space of Variations

Reality Transurfing 2:

A Rustle of Morning Stars

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Reality Transurfing 3:

Forward to the Past

Winchester, UK

Washington, USA

FOREWORD

Dear Reader!

I have no doubt, that like most people, you want to lead a comfortable and wealthy life that is free from diseases and traumas.

However, it may often seem that your life decides otherwise and it is instead toying with you, as if you were a paper boat in stormy waters. In the pursuit of happiness, you have probably already tried many well-known methods. However, have you managed to achieve great success this way?

This book talks about some very strange and unusual things. This may all be so shocking to you that you would not want to believe it.

However, it will not be necessary for you to believe. You will receive all the tools you need to test the claims made in this book.

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Having done that, your ordinary view of life will change completely.

Transurfing is a powerful method that will allow you to do the most impossible things (impossible from a normal point of view) –

namely, to manage your destiny just the way you like. There will not be any miracles. Something greater is awaiting you. You will be convinced that the unknown reality is much more incredible than any magic.

Many books teach people how to become rich and happy. It is all, of course, very tempting. I mean, who would not want to be rich and happy? But when you open the book there are exercises and meditations that require hard effort. It is rather depressing, really. Life is practically a test in itself, and yet they suggest you push and pull even harder, squeezing out whatever is left inside you.

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They try to convince you that you are not perfect and therefore you must change.

Otherwise, do not count on anything good happening to you. Now, it may be the case that you are not quite satisfied with yourself.

Yet, somewhere deep inside you feel that you do not really want to change. And you are right. Do not believe anyone who says that you are not perfect. How can anybody know how you are supposed to be? You don’t have to change yourself. You are looking for the way out in all the wrong places.

We won’t be doing any exercises, meditations or soul digging. Transurfing is not a new self-improvement technique, but it is an entirely different way

of thinking and acting so that you can get exactly what you want.

Not to strive for things you want in your life but to get what you want. And not by changing yourself but by returning to yourself.

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We all make many mistakes in life, and then we dream about how great it would be to be able to go back to our past and make everything right. I'm not promising you "a sweet ride back to your childhood",1 but mistakes can be fixed, almost as if you've been back to your past. Or rather "ahead to the past". The true meaning of these words will be unveiled towards the end of this book.

You couldn't have heard or read anywhere else what I am about to tell you. Thus, be prepared for surprises that are as incredible as they are pleasant.

CHAPTER I THE MODEL OF

VARIATIONS

This chapter will introduce you to the

theoretical

background

of

Transurfing.

The

method

of

Transurfing is based on the Model of Variations, which offers a new and fundamentally different view on how the world works. Humanity does not

know that it is possible to simply get what he desires, instead of striving for it. So how is this possible?

Dreams do not come true.

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The

Rustling

of

the

Morning Stars

The barking of my neighbor's dog woke me up. That vile creature is always waking me up. God, I hate the dog! Why do I have to wake up from the noises that ugly thing is making? I need to go for a walk, calm down a bit, and somehow try to suppress the intense desire to burn down my neighbor's house.

Like dog, like master. There are always bas-tards breaking into my life and trying to get to me. I'm getting dressed, upset and angry.

Great, my damn slippers have disappeared again. Where the hell are you, you slick suck-ers? Wait until I find you…I'll throw you away!

It's wet and foggy outside. I was walking along the slippery trail, passing through the gloomy forest. Most of the leaves have already fallen off, exposing the gray trunks of

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the half-dead trees. Why do I live in the middle of this depressing swamp? I take out a cigarette. I don't really want to smoke, but old habit is forcing me. Forcing me? Since when has a cigarette become a necessity for me? Yeah, it's rather disgusting, smoking on an empty stomach in the morning.

Once upon a time, when I was at a party or among friends, I liked smoking and got pleasure from it. The cigarette was then a symbol of fashion, freedom and style. But parties end.

Gray and rainy everyday life takes over, with puddles full of messy problems. And each time, I smoke away these problems by light-ing up, telling myself – "OK, now I'll have a little smoke, catch my breath, and plunge back into this hateful routine."

Smoke from the cigarette gets in my eyes and I cover them with my hands, like a hurt child. I am so sick and tired of all of this!

And then, as if echoing my thoughts, a branch of a birch tree, bent in a particularly

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insidious way, hits me painfully in the face.

Damn it! In a rage, I break the branch and throw it away. It hangs on the tree and then starts bobbing up and down, back and forth, like the head of a jack-in-the-box, as if demonstrating my inability to change anything in this world. Depressed, I drag myself further along the path.

Every time I try to fight this world it gives in, creating hope, only to flick my nose very hard later. It's only in the movies you'll see heroes going towards their goal, destroying all obstacles on their way. That doesn't happen in real life. Perhaps life is similar to roul-ette. Maybe you win one time, a second or even a third. Already, you see yourself as the winner, and it seems to you that the whole world is in your pocket, but in the end, you always lose. You are nothing but a Christmas goose being fattened up, so that you can be roasted and eaten to the sound of beautiful music and laughter. You have made a

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mistake, because this is not your party. You have made a mistake…

Wallowing in these unhappy thoughts, I come out to the sea. Little waves were viciously biting at the sandy shore. The un-friendly sea was forcing a cold and wet wind on me. Fat seagulls were lazily waddling along the shore, pecking at something rotten.

Their eyes had a cold and black emptiness to them. As if the world surrounding me was reflected in those eyes. A world that was just as cold and hostile.

Some bum was collecting empty bottles on the beach. Just get the hell out of here, you slob. I want to be alone. No, looks like he's heading my way - he's probably going to beg.

I had better head off home. Not a moment of peace. God, I'm so tired. I'm always feeling tired, even when I'm resting. It is almost as if I'm doing time in prison. It seems that very soon, everything will change, a new era will

begin and I will become a different person and will be able to enjoy my life. But that is all in the future. For now, I'm stuck in the same miserable sweatshop. I'm always waiting, but the future never comes. Now, as always, I eat a tasteless breakfast and drag myself off to my boring job, where I once again will have to squeeze out some sort of result that is needed by someone else but me. Yet another day of a burdensome and purpose-less life…

I woke up from the rustling of the morning stars. What was this depressing dream? As if a fragment of my previous life returned to me. Thankfully, it was only a dream. Relieved, I stretch myself just like my cat does.

There he is that lazy-bones, sprawled out on the bed. You can tell by the way his ears are pointing that he is aware of my presence. Get your whiskered muzzle up, and let's go for a walk. I've ordered a sunny day today, and so I'm off to the sea.

The path was going through a forest, and the rustling of the morning stars gradually faded away into the multi-voiced choir of the bird community. Over there, in the bushes someone is making an extra effort trying to sing – “Food! Food!” Ah, there he is, the little good-for-nothing! How can a fluffy little bundle like you be chirping away so loudly? Incredible, it never occurred to me before that each bird has its own unique voice, and yet, not one false note is sung, and the many voices produce a wonderful melodious symphony, something a skilled or-chestra could never match.

The sun stretches its rays amidst the trees.

This magical illumination brings the huge depths and rich beauty of the forest to life, transforming the woods into a wonderful hologram. The path leads me gently to the sea. Emerald waves are quietly whispering, talking with the warm wind. The shore seems endless and empty, but I feel calm and

comfortable, as if this overpopulated world has created a secluded little space just for me. Some people think that our surroundings are just an illusion that we ourselves create. Well, no. I’m not arrogant enough to think that all this beauty is nothing but the product of my imagination.

Still under the oppressive influence of my dream, I started to remember my former life, which in fact was just as gloomy and hopeless as the dream. Very often I’ve tried, like many others, to demand from this world what I felt it owed me. In return, the world indifferently turned its back on me. Experienced people told me that the world doesn’t give in that easily, you have to fight it in order to conquer it. Therefore, I would try doing that, but to no avail. I just wound up wearing myself out. However, the experienced people had an answer to this too - you are a bad person, so you have to change yourself and only then demand something

from the world. I tried to fight myself, but it turned out to be even harder.

Then one night I had a dream: I found myself in some kind of a nature reserve. Un-speakable beauty surrounded me, and I was walking and admiring this splendor. Then suddenly an angry old man with a gray beard appeared. As I understood, he was the Overseer of the reserve. He began to silently observe me. I moved towards him and as I opened my mouth to speak, he silenced me.

His voice was cold when he told me that he doesn't want to hear anything, that he's tired of the cranky and greedy visitors, who were never

satisfied,

always

demanding

something, making a lot of noise and leaving piles of garbage behind. I silently nodded my head in agreement and moved on.

The magnificent nature of the preserve simply astounded me. Why haven't I been here before? Entranced, I wandered around

with no particular aim, staring in awe. No words could describe how incredibly wonderful the nature surrounding me was. Thus, I felt exalted, without a single thought in my mind.

Soon enough, the Overseer appeared again.

The austere look on his face has eased. With a gesture, he asked me to follow him. We climb onto the top of a green hill, where a spectacular view of a picturesque valley opens in front of us. Down in the valley, you can see a village or a settlement of some kind. Little toy houses, overflowing with plants and flowers...it was just as a picture taken from a fairy tale. You could have stud-ied the scenery in amazement for a very long time, if only it didn't seem so unreal. I started to suspect that such things could only be experienced in dreams. I looked question-ingly at the Overseer, but he only

smiled into his beard, as if he wanted to say, “You haven’t seen anything yet!”

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We were walking down to the valley, when I began to realize that I couldn’t remember how I got to the reserve in the first place. I really wanted to get some kind of explanation from the old man. I think I made a silly remark about how lucky and happy the people are that can afford to live amidst this beauty. The Overseer answered, irritated

“And who stops you from being one of those people?”

I replied with the same old story that not everybody is born rich, and that you cannot control your destiny. The Overseer ignored my words and said, “That’s exactly the point, every man is free to choose *any* destiny he likes. The only freedom we have is the freedom to choose. Anybody can choose whatever he wants.”

His ideas were beyond my comprehension and my philosophy of life, so I wanted to argue against him. But the Overseer didn’t

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want to hear any of it, as he said, “You fool!

You have the right to choose, but you don’t use that right. You simply don’t understand what this means – *to choose.”* This is all insane, I thought. What does he mean by that I can choose anything I want? As if everything in this world was allowed! Then suddenly I understood that all was just a dream! I was puzzled, because I had no previous experience of waking up in a dream and thus, didn’t know how to act in such a strange situation.

As far as I remember, once I realized I was dreaming I hinted to the old man that in a dream, as in waking life, he can say all the nonsense he wants, and that is all there is to his freedom. But my comment didn’t seem to bother the Overseer at all - he only laughed at me. Realizing the absurdity of the

situation (why even bother starting a discussion with a character from my own dream?), I started thinking maybe it would be better to

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simply wake up. The old man probably read my mind. “Well, enough,” he said. “We don’t have a lot of time. I never thought they’d send me an idiot like you. But nonetheless, I will have to complete my mission.”

I started asking him what this “mission” was and who “they” are. He ignored my questions, but gave me a riddle, which seemed silly to me at the time: “*Everyone can acquire the freedom to choose anything they want. Here is your riddle: how do you get this freedom? If you solve the riddle, your apples will fall into the sky.”*

How did apples get into this? I started to lose my patience and so, I told the old man that I had no intention of guessing any riddles.

Only in dreams and fairy tales could you see all kinds of wonders, while in reality, apples always fall to the ground. To which he answered, “Enough! Let’s go, I have to show you something.”

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When I woke up, I realized that sadly I could not remember what happened next in my dream. However, I had a strong feeling that the Overseer had somehow put information in my head, information that I could not express with any words available to me. Only one strange word remained in my memory –

Transurfing. The only thought spinning around in my head was that there was absolutely no need to furnish my world by myself

– everything was created a long time ago without my participation, but for my well-being. It’s also not worth struggling with the world for your place under the sun, because that’s the least effective method. Apparently, no one is keeping me from simply *choosing* the world I would like to live in.

At first, the idea seemed absurd to me. And most probably I would have forgotten all about this dream. But, to my great amazement, I soon discovered that I could remember specific details about what the

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Overseer meant by the expression *to choose* your own world, and how one could go about doing that. The solution to the Overseer's Riddle came to me on its own - out of nowhere. Every day I discovered something new, and each time I got very surprised and almost a little bit afraid. I cannot explain rationally where all this knowledge came from.

I can only say one thing for sure – there is no way it could have come from me.

Ever since I discovered Transurfing (or rather, ever since I was allowed to discover it), my life was filled with a new joyful meaning. Anyone who has ever done any creative work knows how much joy and satisfaction something made with your own hands brings you. But this is nothing compared to the process of creating your own destiny. Although, the expression "creating one's destiny" in its ordinary meaning is a little out-of-place here. Transurfing is the method for literally choosing one's own destiny, much like

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choosing an item at the supermarket. What this all really means is exactly what I want to talk to you about. You will find out why apples can "fall to the sky," what it means to hear "the rustling of the morning stars", and there are many other very strange things that are only waiting for you to discover them.

The

Riddle

of

the

Overseer

There are many different theories about the nature of destiny. One of them says that destiny is the same as fate, something that is predetermined. No matter how you try, you can't escape your destiny. On the one hand, such an interpretation can be depressing in its hopelessness. If a person's destiny is not one of the better ones, then there's no hope at all for improvement. But, on the other hand, there are always people who are

content with such a state of affairs. After all, it's reliable and comforting when the future is more or less predictable and doesn't scare you with uncertainty.

And yet, the fatal inability to escape own destiny can evoke feelings of discontent and inner protest. One feels cheated, out of luck and so, one starts complaining: why is life so unfair? One person has everything in excess, while the other is constantly in need.

Everything comes easy to one person, while another runs round and round like a mouse in a wheel, getting absolutely nowhere. One person is gifted with beauty, intelligence and strength, whereas another, unaware of what sin he is paying for, is labeled as a second-class citizen throughout his entire life. Why this injustice? Why does life, with its infinite variety, put limitations on certain groups of people? Why are those that are less fortunate at fault?

A deprived person would feel resentment and would certainly try to find some sort of explanation to why things are the way they are. And then all kinds of teachings pop up, like the one where they teach you that you have bad karma and that you are paying for terrible sins committed in your past lives. As if, the Lord has nothing better to do than to foster his careless children! Nevertheless, it appears that despite His almighty power, He

experiences difficulties with this particular method of fostering. Instead of punishing people for sins in this life, God for some unknown reason, postpones retribution until later. However, one might wonder what point there is in punishing someone for things they do not remember.

There is another version that tries to explain why there are inequalities in the world. This version gives hope, as it promises almost immediate compensation to those that are suffering and that are in need. Yet, again, you

will be rewarded somewhere in heaven or in another life. No matter how you look at it, explanations like these are not entirely satisfying. It is not even important whether these past and future lives exist or not, because a person is only aware of and remembers this one particular life. Thus, in a sense it is his only life.

If you believe that your fate is predetermined, then the only way to avoid depression would be to surrender and accept your fate as it is. And, as always, there will be new explanations to why you just cannot be successful "You want to be happy? Be happy!"

Remain an optimist, and be satisfied with what you have. Certain people make it clear to you that you are unhappy because you are always dissatisfied and because you simply want too much. In addition, you can only be happy by definition - that is you are happy because you are happy. You need to take joy in life. So, you kind of agree, but at the same

time it's a bit awkward to meet gray reality with joy and happiness. Do you really have no right to want something more out of life?

Why force yourself to be happy when you're not? It's just as impossible as it is forcing yourself to love.

So-called “enlightened” individuals that are busy calling for universal love and forgiveness constantly surround us. If you want to avoid harsh reality, you can put this illusion on like a blanket over your head, and sure enough, you will feel a little better. But deep down inside, you wouldn’t be able to understand completely, why you should be forgiv-ing people you hate or loving those you are indifferent to? What’s the use? After all, it wouldn’t be a natural happiness, but a forced one. As if joy should not be coming to you by itself, but rather it should be squeezed out of you, like toothpaste out of the tube.

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Of course, there are people who don’t believe that life is so boring and primitive that it leads to one predetermined fate. They don’t want to be satisfied with what they have, and instead prefer to take joy in their achievements and not in the situation they are in.

For these people, there is yet another conception of fate: “Man forges his own happiness.” Well, and as we know, we have to struggle to achieve happiness. And how could it be any other way? “Smart” people say that nothing comes easy. It would seem like an irrefutable fact: if you don’t want to accept the happiness as it is, then you need to elbow your way to your own happiness.

History lessons tell us of how bravely the heroes have fought and how they were sacri-ficing themselves, fighting day and night, overcoming unthinkable obstacles. Those that won the battle were greatly rewarded, but only after enduring immense burdens and great losses of constant struggle. But,

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that’s not the whole story. Millions fight and toil, but only a handful actually succeed. You could waste your entire life on a desperate struggle for a place in the sun, and all could still be in vain. Why is this life so cruel and hopeless?

What a heavy requirement it is – to have to fight the world so that you can make your own happiness. And if the world doesn't give in, then you have to fight yourself. If you're so poor, sick, ugly and unhappy – it's your own fault. You have many flaws and therefore, you must change. Man is faced with the fact that from the very beginning of his life, he was nothing but an assortment of flaws and defects, which require constant and hard effort, if he is to even dream of happiness. A depressing picture, is it not? It would seem that if a man didn't get lucky from the beginning and he was not born in a wealthy and happy family, then his lot is either to humbly bear his cross or dedicate his whole life to a

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never-ending struggle. Somehow, it doesn't feel right rejoicing in a life like that. Is everything really that hopeless and is there no light in sight?

And yet, there is a way out. The way out is as simple as it is pleasant, unlike all the alternatives listed above, because it is to be found in another plane. The notion of destiny within Transurfing is based on an entirely different view of the world. Now, don't go waving your hands in the air and shouting in disappointment that this is just another attempt to feed you a bunch of nonsense. You'll agree that every known idea of destiny is based upon a specific world-view which is in turn based on a few premises that cannot be proved completely.

For instance, materialism is founded on the idea that matter came first and then came consciousness, whereas idealism claims the exact opposite. And yet, it is not possible to

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prove any of the two. Nonetheless, both ideas have been used to construct convincing world models that have acquired many faith-ful advocates. The two schools, each in their own way, are able to explain the nature of the world philosophically, scientifically, and from a religious point of view. And they are both right and wrong at the same time. We will never be able to define the absolute truth, because of the relative nature of the concepts we use to do so. The well-known parable of the three blind men describes

how one of them felt the elephant's trunk, the second felt his foot, and the third the elephant's ear. Based on their perceptions each of them came to a different conclusion about what the animal looked like. Therefore, trying to prove that one way of looking at things is truer than the other is pointless. The important thing is that a particular way of looking at things works for you.

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You're probably familiar with the well-known idea that reality is an illusion we create ourselves. Yet, no one has really explained where this illusion comes from.

So are we just watching a "movie"? That is, of course, very unlikely, but in a sense there is a grain of truth in that statement. There is also the opposite opinion - the material world is just a mechanism that operates under strict laws. In a world like that, minds are unable to determine anything.

Nevertheless, the mind of man is constantly striving to resolve ambiguities. It really wants to shatter one theory to pieces, only to idealize another. Basically, this is what sci-entists do, centuries after centuries. But after each struggle for the truth, one fact remains on the battlefield: *Any theory is nothing but a separate piece of the manifestation that is our multifaceted reality.*

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Each theory is supported by the time during which it was developed, and therefore, it has the right to exist. Any view of life works in the same way. If you have decided that fate is something predetermined, something that you are not in a position to change, then it will be that way. In that case, you are willingly putting your life into someone else's hands, and it doesn't really matter in whose.

The thing is that you turn into a little paper boat that follows the waves of the sea, bending to their will. If, on the other hand, you believe that you shape your own destiny, then you consciously take responsibility for everything that happens in your life. You are struggling with the waves,

trying to take control of your little boat. Keep in mind that *your choice is always made into reality.*

What you choose is what you get. Whatever worldview you adopt, it will be a right one.

However, you should know that others would disagree and argue with you simply

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because they are also right in whatever world-view they adopt.

If you take any phenomenon in our reality, and make it the point of reference, you will be able to create an entire field of science.

This field would have no contradictions within itself and it would therefore, successfully reflect one of the manifestations of reality.

To create an entire knowledge system like a field of science, it's enough to take a couple of facts that don't even have to be fully understood, but which nonetheless have a place in the system.

For example, quantum physics is based on several improvable truths, called postulates.

They cannot be proved, because they are the initial points of reference of quantum physics. In quantum physics, a micro object will act as a particle in some cases and as a wave in others. Scientists were unable to interpret such dualism unambiguously, and so, they

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simply accepted that this is the way things were. The postulates of quantum physics are able to accommodate the immense variety of shapes and forms through which our reality can be manifested. Almost as if, the blind men in our parable would agree upon the fact that an elephant sometimes behaves as a pole and sometimes as a snake.

If, when describing a micro object, we choose to see it as a particle, we would get a model of an atom first built by the famous physicist Niels Bohr. In the given model, electrons re-volve around the nucleus much as planets re-volve around the sun in our Solar System. If, on the other hand, we take a wave as the micro object's fundamental characteristic, then the atom will look like a blurred stain. Both models work, they just reflect different and separate forms of the ways in which reality can be manifested. Therefore, once again *we get whatever we choose.*

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Basically, any manifestation of reality can be a point of reference, creating a knowledge system, and it will certainly function and have a place in the world. While chasing the truth, people always wanted to understand the nature of the world they were living in.

They tried to accomplish that by studying particular features. The massive scientific knowledge was created by describing and explaining specific natural phenomena. This is how separate branches of knowledge came to be. Interestingly enough, these are often contradicting each other.

The world is a whole by its nature and yet, it is always taking on different appearances.

While people try hard to examine and explain one appearance, another one enters the stage and is contradictory to the previous one. Scientists try to unite different manifestations of reality so that contradictions can be removed. However, that is an extremely hard thing to do. There is only one

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single fact that is not subject to any doubt, a fact that is able to unite and reconcile all branches of knowledge - the immense variety of forms through which our reality can appear to us. *The diversity of variations is the foremost and fundamental quality of our world.*

Distracted by the attempts to explain the separate manifestations, adherents of different schools of thought avoid the fact of the multiplicity of

variations. Indeed, what else could you extract from this fact? The multiplicity serves as a beginning of the story or even a point of origin. Any departing points of different branches of knowledge are secondary in relation to it. However, no one bothers with the point of origin, as if it contains no information at all. But, oh yes, it does. It contains the most incredible information.

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We will have to use the multiplicity of variations as our starting point, in order to solve the Riddle of the Overseer. In other words, we will claim that *reality can be manifested in an infinite number of ways***.** Despite the general nature of our claim, we will find that it will reveal the most interesting and unexpected knowledge.

Let's start with the fact that all forms through which our reality is manifested must have an origin, a place where the multitude of variations exists. Where are the "laws" of our world recorded? The world reveals itself as matter moving through space and time.

And moving matter is subject to certain laws.

As you know, points are distributed on a function graph according to a specific mathematical formula. We could say that the movement of a point on a graph is governed by a defined function. However, the formulas and laws are just abstract inventions of our minds,

created

to

facilitate

our

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understanding and to explain what we perceive with our senses. It's highly unlikely that nature is keeping these formulas and laws hidden somewhere.

How else can we fix points on a graph? Well, we could of course store the exact coordinates for each point, which is already a problem because there is an infinite amount of them. Our memory is only that big and cannot handle such a massive amount of information. But, to nature - infinity is not a problem. There is no need for nature to gen-eralize the location and movement of points on a graph by using a formula. If we were to break up a linear function into an infinite number of small points, then each point could be considered a cause and each con-secutive point could be considered an effect.

Thus, the movement of any material point in space and time can be viewed as an infinitely long and continuous chain of infinitely small causes and effects.

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In our knowledge, we represent the motion of matter using laws, while nature contains this motion in its pure form – as an infinite number of causes and effects. Broadly speaking, data about every possible material object, and its path along the infinite number of points, is stored in a field of information, which we will refer to as *the space of variations.*

It

contains

information

about

everything that was, that is and that will be.

The space of variations is an *informational structure* has a rather material basis. This infinite field of information contains all possible variations to any event that could take place. We can say that the space of variations contains all information. Let’s not try to guess how this information is preserved –

that's not at all important. The essential thing to remember is that *the space of variations works as a template, a coordinate network for moving matter through space and time.*

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Hence, each point in the space of variations contains its own variation of a particular event. To make it easier to understand, let's pretend that a variation consists of a *script* and *decorations***.** The decorations represent the external view or form of manifested reality, while the script is the path along which matter is transported. To make things even more convenient, we can divide the space of variations into sectors, each of which would have its own script and decorations. The more space there is between sectors, the greater are the differences in scripts and decorations. Your destiny is also represented by a multitude of variations.

Theoretically, there are no limitations to the number and type of scripts and decorations that could exist in a person's life. That is because the space of variations is infinite in nature. The least significant event could have an impact on a person's future destiny. A person's

life

is

just

like

any

other

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transportation of matter, it is nothing but a chain of causes and effects. In the space of variations, effect and its cause are closely located. One follows the other, and thus, the sectors of one's destiny form a *life track.* The scripts and decorations on one such track are more or less of the same nature. The

life of a man flows evenly along one direction until an event takes place that changes the scripts and decorations. Then destiny takes a turn and starts to move along a different life track.

Imagine that you've been watching a play.

You go back to the theater the next day, to watch the very same play. Yet, the play is now performed with different decorations.

The two plays you've seen are life tracks that are rather close to each other in the space of variations. During the next theatrical season, you watch a play with the same actors, but this time around, the script has been significantly changed. This life track is located

further away from the original one, where you went to see the play for the first time.

And finally, the same play could run in a different theatre, and you would therefore, experience a new and unusual interpretation of the play. Therefore, this life track is already quite far away from the first life track.

Reality manifests itself in all its multiplicity precisely because the number of variations is infinite. Any point of origin will flow into the chain of causes and effects. Having chosen your point of origin, you will get a corresponding manifestation of reality. We can say that reality unfolds itself along a life track, depending on the selected point of origin. Everyone gets what he or she chooses.

You have the right to choose just because the infinity of variations already exists. Nobody prevents you from selecting whatever destiny you like. Mastering your destiny comes down to one simple thing – *making a choice.*

Transurfing gives you the answer to the question of how to make that choice.

Thus, an informational structure contains an infinite multitude of potential possibilities –

variations, each with its own script and decorations. The process of materialization takes place in accordance with what information is contained within this structure. The process of moving matter through the space of variations can be demonstrated by the following mental experiment.

Picture a water pipe. A freezing ring is slowly moving along the pipe, so that water in the pipe freezes only at the location of the ring.

Hence, ice crystals are traveling in the water along the pipe. Water molecules remains in their places in a relatively loose state. When the freezing ring passes along a particular spot, water molecules inside the pipe are fixed frozen into ice crystals. But then the ice melts and the water molecules are released

again. The ice crystal itself doesn't move in the water, through the pipe. It is the structure of ice - the frozen state - that is moving through the pipe.

So, metaphorically speaking the water in the pipe represents the space of variations, while the crystal of ice represents the material manifestation of variations. The water molecules represent people and their position in the crystal structure is manifested as a possible variation of destiny. There is no definite answer to what the freezing ring represents.

In other words, how and why can an informational structure be transformed into matter? In the micro-world of quantum physics, matter can take form of a bundle of energy.

We know that micro particles are being born and destroyed repeatedly in vacuum space.

So, in a way matter exists, but at the same time it doesn't really have a proper material substance. There's only one thing that is

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clear – everything tangible is based on intangible energy.

I hope I haven't tired you too much with physics. We are only at the starting point of Transurfing. But what you are about to find out from this book can be relatively shocking. Therefore, it's inevitable that I present you with some theoretical background, so that your mind doesn't get too confused. Just bear with me a little while longer.

An ocean's wave can serve as yet another analogy to illustrate manifestation in the space of variations. Let's suppose that as a result of an earthquake, a wave was formed out on the sea. It travels along the ocean's surface as a large hump, but the water itself remains in place. It is not the mass of water that is moving, but rather the manifestation of its energy potential. Only around the shore does the water splash onto the dry land. All other waves are acting the same

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way. In this analogy, the sea is the space of variations, while the wave is the material manifestation.

So what do we get here? On the one hand, material manifestation moves in space and time. Yet on the other hand – variations remain in their places and continue to exist forever? This means that everything was, is, and will be? Well, why not? Time is just as static as space. You can only feel the flow of time when the film is running and the frames follow one another. Now unfold the film and look at all frames at once. Where did the time go? All frames exist simultaneously.

Time remains static only until we begin to look sequentially at one frame after another.

This is exactly what happens in real life, and that's why the idea that everything comes and goes is firmly embedded in our consciousness.

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In fact, everything that is written in the information field has been there forever and will always remain there. Life tracks exist like film reels. Everything that has happened does not disappear for good, but continues to exist. Everything that is about to happen is happening now. The present is just the material manifestation of a given sector in the space of variations on your particular life track.

Many people might wonder: “How is it possible that all possible variations to my destiny exist permanently? Who would need this information? God? Nature? And why would anyone need this information anyway?”

Then try to imagine a point on a coordinate plane. In school, we learned the following: a given point on a coordinate plane can have any *x* and *y* coordinates, (note: any!) from negative to positive values of infinity. Why did no one ever ask the question: *How come* a point can have any coordinates? Now,

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picture a point moving along a linear function, asking itself: “How come the path I’ve already walked has always been there and will continue to be there forever? And how come my future journey and its path are already predetermined?” Yet, you are looking at the point and its path from above and therefore, there is nothing amazing about its travel.

The space of variations works as a template, it determines in what way things should be manifested in reality. Imagine a dark forest and a man with a flashlight. The man walks through the forest, and wherever he points with his flashlight, he is illuminating a small part of the forest. Realization2 manifests itself like a spot of light. The entire dark forest is the space of variations, while the illumin-ated part is the realization of a variation of a given sector. What then is this “light?” In other words, what “lights up” or materializes a variation in the template?

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To answer to this question, we must pick yet another starting point. In our time, there’s already no doubt that thoughts are material.

Reality appears to us in two shapes: on the one hand, our existence is defined by our consciousness, and yet, on the other hand, there is plenty of indisputable evidence to the contrary. Our thoughts do not only function as a motivation to action, they also have a direct impact on our reality. For example, our worst fears tend to come true. Of course, you could argue that we are not really talking about materialization of our thoughts, but rather of an ominous premonition. Sure enough, most paranormal phenomena tend to be unexplained and ambiguous. But this doesn't mean that we can ignore this given form of manifested reality. There is plenty of evidence to support the fact that thoughts can have a direct influence on reality.

In one way or another, a person's consciousness forms his destiny. This book talks

specifically about how such things are possible. Let's make the following statement our starting point: *waves of thought energy materialize a potential variant.* This statement is correct, because reality can be manifested in any form defined by consciousness. You can find evidence supporting this hypothesis not only from your daily life but also from experiments in quantum physics. For our purposes, it is not really important to know exactly how thoughts interact with the space of variations. It is still not clear how the process of information transfer takes place –

whether it has an energy basis or a basis of some other kind. To make things easier, we'll simply assume that the wave of thought energy "highlights" a certain sector of the space of variations and as a result, the variation gets its own materialization. Waves of thought will find their corresponding sector in the space of variations. The variation of that particular sector is then materialized.

Hence, in this chain of events consciousness is able to define reality.

You should just keep in mind that this is only one way of manifesting reality. It's not possible to form your own reality the way you like it just by

pure meditation. Although, there are people who can make objects materialize out of thin air. But these people are rarely seen, and they don't advertise their abilities. Nonetheless, thoughts have the same impact on a man's destiny, as his specific actions. People are accustomed to the idea that their actions attract visible consequences that are easy to explain. The influence of thoughts is usually unnoticed and therefore, you cannot explain nor predict it.

It may seem that establishing an obvious causal link between thoughts and their subsequent events is relatively difficult. But you are about to see that a person's thoughts have a direct influence on the form of his reality. People get exactly what they choose.

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Someone could object: "Are you trying to say that all these oceans, mountains, planets, galaxies – they are all nothing but the product of my thoughts?" The tendency of man to sometimes consider himself the center of the Universe is part of human nature.

Actually, man occupies a tiny niche in this infinite space. Our world is populated with millions of living organisms, and *each and every one of them makes its own contribution to the formation of reality.* Each creature has its own parameters of thought waves. If you're not comfortable viewing plants as thinking objects, you may name the process differently. It won't change the main idea. We can't even say for sure that non-living things don't have anything similar to the thoughts of living organisms. Not to mention the Spirit that penetrates everything in existence and which we call God. Each creature has its own consciousness and forms the layer of its own world. We can say that

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everything in this world carries a particle of God, and in this way, He rules the world.

Each person travels along his own life track.

But at the same time all people live in one and the same world. The material world is one for everybody, but each person has his own manifestation of reality. Let's suppose that you are a tourist and you are visiting a beautiful city. You are admiring the sights and the architectural beauty; you see the flower gardens, fountains, parks with little paths and the smiling faces of the wealthy townspeople. When you pass the garbage can, you see a homeless person. He is just like you, in the same world and in the same dimension. However, he does not see what you see. He sees an empty bottle in the can, the dirty wall, another bum that's out to get the empty bottle, the police, looking suspiciously at him and so on. You live on one life track, and he lives on another. Your life tracks have crossed in the space of

variations. Therefore, this world, as a materialization of reality is one for both of you.

All material manifestations have an energy basis. The field of energy is primary, whereas all other physical manifestations are secondary. Scientists try to bring together different manifestations of energy into one single theoretical framework and we'll soon see results. But then they'll have to add more things to the theory, because reality can manifest itself in an infinite number of ways. Without going into much detail, let's look at energy as some kind of abstract and invisible force that nonetheless, exists in reality. For our purposes, it will be enough to acknowledge the fact that the energy of a person's thoughts is entirely material. The energy of thought isn't locked in a person's head, circulating there aimlessly. Rather, it is dispersed into space where it interacts with the surrounding energy field. Nowadays very few people would argue against this fact.

For convenience, as a parameter of thought waves, we can take their frequency, just as we measure radio waves. Whenever you are thinking about something, the frequency of your thought energy is tuned to a certain area in the space of variations. When energy falls within a sector of the space of variations, the sector's specific variation starts to materialize. Energy has a complex structure and penetrates everything in this world.

Passing through a man's body, energy is modified by his thoughts, and upon exiting, energy acquires parameters that correspond to these thoughts (a radio transmitter works in a similar way). Energy parameters absorb the characteristics of thoughts. That way the energy that is going out is transformed into thought waves, which in turn convert a sector of the space of variations into a material manifestation. When you think of something either good or bad, you radiate thought energy into the space of variations. Modified

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energy is applied to a specific sector and this interaction results in corresponding changes in your life.

Situations in our life are formed not only by specific actions, but also by the nature of a person's thoughts. If you have a hostile attitude towards the world, it will treat you the same way. If you are always whining, expressing your dissatisfaction with the world, there will be more and more reasons for you to be dissatisfied. If your attitude towards the world is predominantly negative, then the world will be a terrible place to live in.

The opposite is, of course, also true – a positive attitude is the most natural way of changing your life for the better. You get what you choose. That is reality, whether you like it or not.

While your thoughts have more or less the same direction, you will find yourself on the same life track. As soon as your attitude to

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reality changes, in one way or another, the parameters of your thought waves acquire new characteristics, and the material manifestation of your world moves from the old track to a new one. On that track, events follow a completely different script, in agreement with the parameters of your radiation.

If for some reason you don't like the script, you'll struggle, trying to change the situation.

Every

person,

when

presented

with

obstacles, reacts negatively, expressing dissatisfaction or becoming depressed. Thus, your thought waves relocate themselves onto a track where there will be even more obstacles. As a result, life will roll faster and faster downhill.

The process described above may seem beyond your control, but in fact, you are the one responsible for directing your energy of manifestation into problematic areas of the space of variations. You believe that by doing what you are doing you are effectively

overcoming obstacles. While in reality, you get exactly what you chose. If you choose to fight obstacles – then you will have more than enough of them to fight. If you are preoccupied with thinking about problems, then they will always be there in your life. You are directing your actions so that you can change the situation on your current life track, but you can never change a script in the space of variations. You are only able to *choose another* script . While trying to change unpleasant events in the script within the space of variations, you will be thinking precisely of things that you don't like. In this very way, your choice is successfully materialized, and *you get exactly what you don't want.*

It's not possible to change anything on your current life track. Just as if you went to an art gallery, you wouldn't be able to remove or rebuild an exhibition that you don't like.

You’re not the one in charge here. But nobody is stopping you from turning around

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and walking into another room, to look at something that you would like better. Of course, crossing over to another life track, where everyone gets whatever he or she demands, doesn’t happen by simply wanting it.

Not all thoughts can be manifested, and not all desires are fulfilled. And that is not because of the content of the thoughts, but rather because of their nature. Simply to dream or to wish for does not yet mean to choose. *Dreams don’t come true.* It’s necessary to fulfill certain conditions in order for your dreams to come true. You will find out what those conditions are and how you fulfill them in this book.

There are an infinite number of life tracks, destinies, for each person in the space of variations. We have no reason to resent our destiny because we have been given the right *to choose.* Our only problem is that we don’t know how to do this. The world appears to us in its multitude of possibilities, as if it was

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created to satisfy any possible need. Anyone can find everything they ever wanted in this world. Even in different areas of knowledge, the world appears to us just the way we want to see it. For example, idealism claims that the world is an illusion, and the world agrees. Materialism claims the opposite, and the world again has nothing against that opinion. People argue among themselves, imposing their opinions on each other, while the world shows that they are all right in their opinions. Well, isn’t this great?! The space of variations is a so-called illusion, while the material manifestation is the same thing as the “material world.” We always get what we choose.

Whoever is acquainted with the principles of Islam knows the meaning of the following expression “the fate of a man is recorded in The Book”. Basically, it means that fate is predetermined and you can’t run away from it. Similar statements can be found in the

context of other religions. It is true that the fate of a man is already predetermined. The religious claims are wrong only in the fact that there is not one variation of a person's fate, but rather an infinite number of variations. You can't hide from your destiny. And to some degree that's true, because you can't change the script of a variation. Fighting the world around you so that you can change your destiny is a very difficult and unrewarding task. Don't try changing the script, it is pointless. You can simply choose the variation that you like the most.

Of course, this is all very strange and raises certain doubts. However, I never thought you'd readily believe in the Model of Variations. I didn't believe it either until I was convinced that Transurfing works, and it does so to one hundred percent. There is no point in favoring a specific model if your only goal is to find some kind of absolute truth.

The model itself is of little significance, the

important thing is the practical result you get out of using a particular model. Different mathematical models are able to represent the same physical phenomenon in different ways. Wouldn't it be funny if experts in analytical geometry suddenly took up arms against mathematical analysis and started arguing that geometry is the only true mathematical discipline? Mathematicians can come to some sort of agreement amongst themselves, but philosophers and religious figures? Never.

Where is it located, this space of variations?

It's very difficult to answer this question.

Given our three-dimensional perception, we could say that the space of variations is everywhere and nowhere at the same time.

Imagine an infinite plane that does not have a beginning or an end, and on that plane live tiny two-dimensional people. They don't even suspect that

there is such a thing as a third dimension. It seems to them that this

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flat plane is the world and they cannot understand how anything could ever exist beyond its boundaries. Yet, nevertheless, we know that we need only to add a third dimension to this world model, and suddenly an infinite number of such flat planes can be created. So, don't worry about the fact that we are not able to imagine in great detail how an infinite number of worlds can co-exist with our own.

It's hard to believe that parallel worlds actually exist. But on the other hand, is it easy for you to believe in the theory of relativity, which claims that an accelerating body increases its mass, reduces its size and slows down the passage of time through which the body moves? It is yet impossible to test this claim first hand. The important thing is not whether we understand the theory or not, but the practical use that can be gained from this theory.

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It is rather absurd and trivial to argue about the advantages of a given model in infinite space. Try to picture the infinity of increasing distances, like outer space for instance.

There, far off in the distance, are no boundaries. The infinity of decreasing distances, strange as it may sound, has no limits as well. We can only observe a limited part of the visible Universe. Both the telescope and the microscope have their limitations. Infinity on a micro-level is not any different from infinity on a macro-level.

There is a theory that the visible universe was created because of "The Big Bang." And ever since, according to the theory, the universe is constantly expanding in all direc-tions. Bodies move through the cosmos at great speeds. But if we would change our point of view and take into account the enormous distances involved in the process, it would seem to us that this expansion is

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happening very slowly and over an extremely long period of time.

It's also a known fact that in a vacuum space, at any given moment in time, elementary particles appear out of nowhere and disappear just as suddenly as they appeared. Considering the relativity of space and time, we are able to consider each particle as a separate Universe, similar to our own. After all, we don't know anything about how elementary particles are being made. According to physicists, elementary particles can sometimes appear as waves and sometimes as particles. By moving further into the micro-world, the relative distances become similar to those in outer space, and the passage of time for the inner observer slows down once again. To an external observer, our Universe exists for one moment only, just like a particle that is born and extinguished into emptiness within seconds, whereas to us, the inner observers, our Universe has existed for billions of years.

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When you are having your next sip of coffee, think about this: how many Universes have you just swallowed? You've just swallowed an infinite number of universes, because infinity cannot be divided into parts. It's as far and takes just as much time to "fly" into the micro-world, as it would if you were to fly to the endless expanses of outer space. Time, like space, is infinite. This goes for time that runs forward and for time that runs backward. Fragments of time can be as infinitely tiny, as they can be infinitely huge. Any point on a time fragment can be considered a point of origin, on both sides of which lies infinite time. Moving the point of origin along the fragment of time won't change anything that is ahead or behind that point.

This infinity of worlds within worlds exists simultaneously. The center of the universe is located at any given point at any given moment, because the very same infinity surrounds each point from every possible side.

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And all possible events exist simultaneously for the very same reason the center of the universe is located at any given point. This is difficult to

imagine. But then again, it is impossible to take one look at the universe and see it all. No matter how far you imagine yourself moving in the universe, the same infinite space will surround you. There are, of course, even more confusing theories about the structure of our universe, according to which our visible universe is transformed in-to a finite sphere in fourdimensional space.

But this doesn't make things easier, because once again there can be an infinite number of dimensions. Not being able to imagine all of this, we are forced to be satisfied with our own narrow point of view, pretending that we understand something.

Overall, there are many incomprehensible and inconceivable things in modern science, but this doesn't stop us from using the fruits that science has reaped. Using the principles

of Transurfing, you will get astonishing results. Just let's agree that you won't be tormenting yourself with questions about exactly why and how Transurfing works. It would be as if a child asks a physicist, "Why are bodies drawn towards each other?" The physicist would answer, "Because of the law of gravity." But then the child would ask another question "Why does the law of gravity exist? But how come physical bodies are drawn towards each other?" There are no answers to these questions. So let's leave this fruitless task of trying to explain something, and let's just use the outcome of the model of variations. It's clearly beyond us to know and understand everything.

Based on the model of variations, man creates his own destiny. And nonetheless, the idea of destiny in Transurfing differs from the generally accepted view. So what is the difference then? The difference is that *you can choose your own happiness, without*

having to fight for it. Don't rush to either accepting or rejecting the model of variations once and for all. Just ask yourself this question: have you

achieved much by fighting the world for your own happiness? Everyone has to decide for himself, whether to continue acting in the same way or try a different approach. After all, you can spend your whole life fighting and struggling and get absolutely nowhere. Wouldn't it be easier if the world came to you on its own? After all, all it ever does is manifesting your choices.

Whatever order you'll choose to place, it will always be delivered to you, no matter what.

But making a choice is not the same as wish-ing something, it is something quite different, and you are about to discover what it is.

Wishes are granted only in fairy tales. It's no coincidence there is a strong belief that fulfilling wishes is either extremely difficult or impossible. As of yet, we've only taken the first step towards the solution of the

Overseer's Riddle. Soon, you'll find out why wishes are never granted and dreams never come true.

Summary

*Reality can be manifested in an infinite number of ways***.**

The diversity of variations is the foremost and fundamental quality of our world.

Any world model represents but a fraction of the multiple ways in which reality can appear.

Any branch of knowledge is based on a chosen aspect of the manifested reality.

Your choice is always made into reality.

What you choose is what you get.

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The space of variations is an information field of what was, what is, and what will be.

The information field contains potential variations for any event.

A variation consists of a script and decorations.

The space of variations can be divided into sectors, each of which contains its own variation.

The larger the distance between sectors, the greater the difference in variations.

Sectors with roughly similar parameters align themselves to form one specific life track.

Material realization moves in space like a dense mass.

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Waves of thought energy materialize potential variations.

Each organism makes its own contribution to the formation of material realizations.

When the parameters of thought energy change, an organism moves to another life track.

You can't change the script of a variation, but you are able to choose another one.

Don't fight for happiness – you can simply choose a variation that you like.

CHAPTER II PENDULUMS

Groups of people thinking in the same direction create information based energy structures called pendulums. These structures will eventually begin

to develop independently. Pendulums create their own laws and make people obey them.

What people don't realize is that they are unwillingly acting in the interests of these pendulums. How do we get out of the suggestion that sticks to us like glue?

Rent yourself out.

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Destructive Pendulums

Ever since we were kids we've been taught to submit ourselves to someone else's will: performing our duties, serving our country, our families, the political party, the company we work in, the government and even serving ideas…We've been taught to submit to everyone else's will, as long as our own will had the lowest priority. Everybody has more or less a sense of obligation, responsibility, necessity and guilt. Everybody in one way or another "serves" in various groups and organizations like one's family, society, educa-tional institutions, one's working place, one's political party, and the government and so on. All these structures are born and start to develop, when a separate group of people starts thinking and acting in the same way.

Then, new people join the organization/

group and the structure grows, gaining strength, forcing its members to follow

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established rules until it reaches a point, where the structure is able to subjugate large social groups to its will.

On the level of material realization, energy structures consist of people (united by common goals) and material objects such as buildings, constructions, furniture, equip-ment, technology and so on. But what is the

process that enables structures, such as those mentioned above, to be formed? A structure is created when thoughts of a group of people are focused in one direction.

Thus, the parameters of their thought energy become identical. Thought energy of independent individuals merges into one flow.

Hence, in the middle of the energy ocean, an independent

information

based

energy

structure is created that is called *the energy pendulum.* This structure starts living its own life, and makes those that took part in its creation obey its laws.

But why are these structures called pendulums? Because the higher and faster a pendulum swings, the more people – *adherents*

– feed it with their energy. Every pendulum has its own characteristic frequency of vibrations. For example, you can make the swings go high up in the air only by applying a force of a certain frequency. That type of frequency is called resonance. If the number of a pendulum's adherents decrease, the pendulum's swinging will slow down and eventually its swinging motion will be extinguished. When there are no more adherents to swing the pendulum, it will stop and as an entity, it will die. Here are several examples of "dead" pendulums: ancient pagan religions, stone tools and ancient forms of weaponry, old fashion trends and vinyl records – in other words, everything that existed before and is no longer in use.

You're probably surprised – can all these things really be pendulums? Yes, any

structure, whose particular features were shaped by people's thought energy, is a pendulum. You could say that in general all living beings that are able to radiate energy in one direction will eventually form an energy pendulum. Here are examples of pendulums that exist in nature and wildlife: colonies of bacteria, populations of living creatures, schools of fish, herds of animals, woodlands, prairies, ant colonies and so on. Any structures consisting of living organisms that are of a relatively homogenous and well-ordered nature can form pendulums.

And since every living organism represents an energy unit, it can also be considered a pendulum. So, when these pendulum units group together and start swinging in unison they create a group pendulum. It stands over its adherents like a separate and independent superstructure. It will make up rules for its adherents, in order to keep them together but also to attract new ones. Such a structure

is self-governing in the sense that it develops independently, according to its own laws. Its adherents don't know that they are acting by the laws of the pendulum, and not of their free will. For example, a bureaucratic apparatus develops as a self-governing structure, independent of the will of its separate officials. Influential officials could, of course, make certain independent decisions, but these decisions cannot be in conflict with the laws of the system. Otherwise, such an advocate would be rejected. Even a single person, who is already a pendulum by himself, isn't always aware of his own motivations.

One example of such a person is the energy vampire.

Any pendulum is *destructive* by its nature.

This is because it takes energy from its adherents and establishes power over them.

The destructiveness of a pendulum is evident in the fact that it doesn't care about the fate of its individual adherents. The pendulum

has only one goal – to maintain a constant flow of energy from its individual adherents, and whether this will benefit or harm an individual adherent is of no concern to the pendulum. If a person is under the influence of a system, he has to live his life in accordance with the system's laws. Otherwise, the system will chew him up and spit him out.

Being under the influence of a destructive pendulum can easily ruin one's life. To break free from the pendulum and not suffer any losses as a result is usually a very difficult thing to do.

If a person is lucky, he will find his own place in the system, where he will feel like a fish in the water. Being an adherent, the person gives his energy to the pendulum, and the pendulum, in return, provides him with an environment where this person is able to live. But as soon as an adherent starts breaking the rules of a given structure, the frequency of his thought energy is no longer in

sync with the resonance frequency of the pendulum. The pendulum is no longer getting any energy from this adherent. This results in the pigheaded adherent being thrown out of the system or even destroyed.

If a person is brought to a place that is far away from his most favorable tracks, then life in the structure of an alien pendulum turns into a living hell or simply into a depressing and boring existence. Such a pendulum is nothing but destructive to the adherent, and the person falling under its influence loses his freedom. He has to live by the laws forced upon him and serve as a cog in a huge machine whether he likes it or not.

Yet, a man can be under the patronage of a pendulum and achieve outstanding results.

Napoleon, Hitler, Stalin and other similar figures were all *favorites* of destructive pendulums. Nonetheless, the pendulum doesn't care about the welfare of its adherents, and it

uses them solely for its own purposes. When Napoleon was asked if he had ever been truly happy, he was able to number only a few days out of his entire life.

Pendulums use refined methods to attract new adherents that fly to them, like moths to a flame. How often do people, seduced by a pendulum's advertising tricks, wander away from their happiness that was all the time right in front of them! People join the army and perish there. People enroll in education-al institutions and, in vain, master profes-sions that are not really theirs. People find jobs that feel alien, but that are supposedly prestigious. They work and find themselves swamped

with

problems.

They

bring

strangers into their lives and end up suffering.

So, a pendulum's activity very often leads to the destruction of destinies of its individual adherents. Although, the pendulum is trying

to hide its true motives, pretending to be virtuous and goodhearted. The most dangerous thing for a person who has fallen under the influence of a destructive pendulum is the fact that the pendulum takes its victim away from those life tracks where he would find true happiness. Let's outline the defining characteristics of a pendulum: A pendulum feeds on the energy of its adherents and thereby amplifies its swinging.

A pendulum tries to attract as many supporters as possible, so that it can receive as much energy as possible.

A pendulum sets its group of adherents against all other groups (Look at *us*! We are better than *they* are).

A pendulum is aggressive in blaming all those that don't want to become

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its adherents, and it tries to win them over, neutralize them or remove them all together.

A pendulum puts on good-looking and attractive masks, it covers itself up with noble aims and plays on people's emotions, in order to justify its own actions and win over as many adherents as possible.

One could say that a pendulum is an

"egregor"3 by nature, but that is a rather narrow definition, of course. The concept of an

"egregor" does not reflect the entire spec-trum of possible interactions between man and energy based information structures -

pendulums. Pendulums play a much greater role in people's lives than it is customary to believe.

It is possible to illustrate how a pendulum consumes energy from its adherents by using

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the following example. Imagine a full stadi-um, where a dramatic game of soccer is taking place, things are getting tense, fans are raging... Suddenly, one player makes an un-forgivable mistake and because of that his team loses the game. A storm of anger descends from the fans upon the player - they're ready to tear him apart. Can you imagine what a huge mass of negative energy lands on the head of this unfortunate player? You'd think that having suffered such a monstrous blow, he would die right there on the spot.

But that doesn’t happen. Instead, he’s alive and healthy, although somewhat crushed by feelings of guilt. Then where did all the negative energy go? Well, the pendulum harvested it. If it had not done so, the person at whom the crowd aimed its anger would have died, while the glorified star would have flied up to the sky.

I won’t be the judge of whether the pendulum is an animated being or simply an

energy form. Whatever the case, it is of no importance to the Transurfing method. The important thing is to be able to recognize a pendulum and to avoid participating in its games, unless there is something you can gain from such an interaction. It is very easy to recognize a destructive pendulum, as it has one defining feature. It is always compet-ing with other energy structures just like itself, fighting for control over people. A pendulum has only one goal – to capture as many adherents as possible, in order to get as much energy as possible. The more aggressive a pendulum acts in its fight for adherents, the more destructive it is, meaning that it poses a threat to the fate of an individual person.

Someone might object that there are, after all, charitable organizations, societies for nature preservation, animal welfare organizations and others. What is so destructive about them? The fact is that they, no matter

how you see it, feed on your energy and do not care about somebody else’s happiness or welfare, and this is destructive for you personally. They ask you to be merciful to others while they remain indifferent to your welfare. If this is okay with you, and you feel truly happy doing charity work, then this might be your calling, and you have found your pendulum. But, please, be honest with yourself. Perhaps you are just wearing the mask of a charitable giver. Are you actually giving your energy and money away for the welfare of others and doing it with all your heart, or are you just putting on a charity show, so that you will seem like a better person?

Destructive pendulums have taught people not to choose their own destiny. After all, if a person was truly free in his choice he would be independent. Then he wouldn't be attracted to pendulums and wouldn't become one of their adherents. Our mind is so used to the

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idea that our fate is our lot in life, making it very hard for us to believe that it is possible to *choose* the fate that we would like to have.

It is very advantageous for pendulums to keep their adherents under control. Therefore, they come up with all sorts of ways to manipulate their adherents. The following passages give clear examples of how this is done.

If you make a cult, movement or a school out of Transurfing it could also become a pendulum. Different pendulums vary, of course, in their degree of destructiveness. Transurfing, even in a worst-case scenario would be much less destructive than its counterparts would.

This is because it does not serve some external and general goal, but rather it exists exclusively for the good of every single individual. Therefore, such a pendulum would be very unusual, kind of like an individualist society with people who are busy focusing exclusively on their own individual destinies.

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By the way, here is a homework assignment for you: what pendulums could be called constructive?

But why on Earth am I telling you all of this?

I am doing this because I have to explain to you what it means *to choose* your fate and how to actually do that. Have patience, dear Reader, some of the things we've been talking about are not that easy to get your head around, but gradually a clear picture will emerge.

The

Battle

of

the

Pendulums

The main defining feature of a destructive pendulum is that it aggressively seeks to destroy other pendulums, so that it can drag people over to its side. To accomplish this, the pendulum will always try to set its adherents against adherents of other pendulums:

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“We are good, while *they* are not like us!

They are bad!” People who are drawn into this battle lose their way and start following false goals, which they mistakenly believe to be their own. This is how the destructiveness of pendulums becomes apparent. Fighting other adherents is fruitless and ruins lives, those of people you “fight” and your own.

Let’s take an extreme example of the battle for adherents – war. In order to convince its own adherents to go to war, the pendulum will put forward arguments that correspond to the specific historical era. The most primitive method, often used in history, was to simply order people to get back what was

“rightfully” theirs by force. As societies became more civilized, arguments acquired forms that were more refined. One nation declares itself the most progressive and developed, while others are declared to be backwards. A noble aim is then to bring these undeveloped people to a higher level,

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and if they object - apply force. And modern conceptions of war appear to go along the following lines: a beehive hangs on a tree in the forest. Wild bees live there, producing honey and raising their young. But then a

pendulum approaches the hive, and an-nounces to its own adherents: “These are wild bees, they are very dangerous and therefore they must be destroyed or, at least, we have to destroy their hive. You don’t believe me? Just watch!” The pendulum pokes around inside the hive with a stick. The bees fly out and start stinging the pendulum’s adherents. And the pendulum triumphantly ex-claims: “See, I told you so! Look how aggressive they are! They have to be destroyed.”

It does not matter what kind of slogans are used to justify wars and revolutions, their purpose is always the same – to serve in *the battle of pendulums* for adherents. These battles can take on different forms, but their

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sole goal is basically to get as many adherents as possible. New energy is a vital necessity for the pendulum. Without it, the pendulum will stop, and thus cease to exist as an entity. Therefore, the battle of the pendulums is a natural and unavoidable battle for their existence.

Right after wars and revolutions follow other forms of battle that may be less aggressive but which are severe nonetheless. Examples of such battles are: the struggle for market domination, the rivalry of political parties, economic competition, all possible forms of marketing, advertising campaigns, ideologic-al propaganda and so on. The living environment is made out of pendulums. Therefore, you will find competition in every possible domain of modern living. There is competition everywhere, on all possible levels, starting with political and governmental disputes and ending with competition between clubs and among single individuals.

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The new, the unusual, the incomprehensible always paves its way with difficulty. Why is that? Is it simply because new concepts take time to settle in our head? The main reason is that the old pendulums would be at a loss if a new pendulum and another rival would enter the stage and start dragging people towards him. For instance, internal combus-tion engines make a significant contribution to pollution in the cities and they could have been replaced a long time ago. After all, many alternative and pollution-free

engines have been developed throughout the years, and should be used instead. However, this would be a threat to the existing pendulums of oil corporations, and these are still very strong. Therefore, they won't allow some in-ventors to take them off the stage. So, it comes down to that these monstrous pendulums, which represent large oil corporations, are literally buying up patents of alternative engines only to keep them secret. At the

same time, they are trying to convince the world of the low efficiency of these new inventions.

When building their structure on the material plane, pendulums strengthen their position with financial means, buildings, equip-ment, and, of course, with human resources.

At the top of these human pyramids, pendulums place their favorites. These are leaders of all ranks and functions, anyone from juni-or managers to presidents of governments.

They do not have to possess any special or outstanding qualities at all. Usually, those adherents are made leaders whose combina-tion of traits fits perfectly within the pendulum's structure. The chosen favorite may believe that he has achieved great things in life only because of his personal qualities. It is true, but only to a certain degree. The self-organizing structure of the pendulum plays the greatest role in promoting its favorites. If the parameters or traits of the favorite no

longer correspond to the needs of the system, then the favorite will be removed with no regard for his welfare.

The battle of the pendulums is destructive for their adherents, because as they are serving a higher goal they think that they are doing it because they really believe in it. Personal beliefs of adherents tend to be in the tight grip of a pendulum. As soon as a person tunes into the pendulum's frequency, an interaction takes place on the energy level between him and the pendulum.

The frequency of an adherent's thought energy is fixed and maintained by the pendulum's own energy. The person is now trapped in a feed-back loop. The adherent transmits thought energy on the pendulum's frequency, while the pendulum in turn grants a little bit of energy to the adherent, as to maintain the pendulum's influence over the person.

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On the level of material realization, such pendulum-adherent interactions can be seen in everyday life situations. For example, the pendulum of a political party starts an elec-tion campaign, catches on to an adherent and feeds him with a little energy delivered in the shape of good feelings such as appreci-ation, satisfaction, dignity and importance.

The adherent believes that he has the situation under control and that he can make his own choices. But, as a matter of fact, he was chosen by the pendulum that now has control over him. On the surface, however, this situation has a different appearance – the adherent believes that he is doing what he wants to do. Nevertheless, in this case, the adherent's will has been invisibly and artificially forced upon him by the pendulum. The adherent is thus placed in the pendulum's information field, where he is spending time with others like him, discussing "hot" topics and so on. In that way the adherent

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establishes energy connections with the pendulum and fixes his own energy within the structure. Eventually, the adherent may realize that the pendulum's activity does not live up to his expectations, so he starts to resent or doubt his former idol and thus, his frequency slips out of the pendulum's grip. The tightness of the pendulum's grip depends on how powerful the pendulum is. In some cases, the pendulum will simply allow its adherent to leave, while in other cases, such a heretic will be deprived of his freedom or even his life.

How a pendulum traps the frequency of its adherents can be illustrated by the following example. Say, you're singing to yourself.

Then all of the sudden, somebody starts playing a different song on high volume. So, as you are hearing this new melody, it will be very difficult for you to continue singing your song to yourself.

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For the purposes of Transurfing, the specific details behind the interaction process between a pendulum and his adherent are not important. We'll investigate this interaction, using a simplified model and everyday situations as examples. This will be quite sufficient for our purposes. Nobody will be able to explain to us in great detail and with a high degree of accuracy how things *really* happen, because then one could ask the question: and what does *really* actually mean? And this discussion could go on forever, just like the infinite process of acquiring knowledge. It's an unrewarding task all together. So, we will have to settle for something smaller. We should be happy that we are nonetheless capable of understanding at least something. Now, let's see how pendulums manipulate their adherents.

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Puppet Strings

Let's ask ourselves a question: how can pendulums force their adherents to freely give up their energy? Big and powerful pendulums can, for example, force their adherents to act according to specific rules. But how do weaker pendulums do it? When a person doesn't have the power to force another to do something, he presents valid argument and tries to convince and persuade the other person by promising a desirable outcome. These are all rather weak methods of persuasion that can only be found in a human society, where people are removed from the forces of nature. Pendulums also use these methods sometimes, but they have a weapon that is much more powerful than that. Pendulums are energy based information structures.

Therefore, they obey the powerful and indisputable laws of existence and act in accordance with these.

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In order for a person to give away his energy to a pendulum, his thought energy must be of the same frequency as the pendulum's resonance frequency. For this to happen, it's not necessary for a person to consciously direct his thoughts towards the pendulum. As you probably know, a great deal of what people think and do happens unconsciously. And this particular property of the human mind is what pendulums often take advantage of.

Hence, pendulums manage to get energy not only from their adherents but also from their most enthusiastic opponents. You can probably guess by now how that works.

Imagine a group of elderly sitting on a park bench, complaining and criticizing their government. They are not adherents of the government's pendulum, because they hate the government for many reasons. But what is happening? The elderly are cursing the government, saying how incompetent, corrupt, cynical and stupid it is. So, what they are

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actually doing is that they are producing a lot of thought energy at the frequency of this pendulum. To be honest, the pendulum could not care less from which side you push it to make it swing. Both positive and negative energy will do, as long as the frequency of a person's thought energy is resonant with the pendulum's frequency.

Thus, a pendulum's biggest problem is to get to people, to hit them where it hurts in whatever way possible, as long as the pendulum or anything related to it occupies their mind. Once the concept of mass media was developed, the methods of pendulums have become increasingly refined. People become quite addicted to mass media. Have you noticed how they mostly mention bad things in the news? These programs give rise to strong emotions like agitation, fear, irritation, anger and envy. It is the journalists' job to attract your attention. The means of mass media, being pendulums themselves, are serving

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pendulums that are even more powerful. The supposed purpose is free access to any information. The actual purpose is quite different – it is to tune in as many people as possible

to

the

frequencies

of

specific

pendulums.

One of a pendulum's most favorite methods of getting access to your energy is to get you off balance. If you are off balance, you begin to "swing" on the frequency of the pendulum, by so doing you will be swinging the pendulum itself. Let's suppose that the prices have gone up. You don't like it, so you react in a negative way – you would feel annoyed, and you would probably complain and talk about it with your friends. And that would be a perfectly normal reaction. But this is exactly what the pendulum wants. You are radiating negative energy at the pendulum's frequency into the world. The pendulum will harvest this energy, which will only make the pendulum swing higher, resulting in the situation

with the prices getting increasingly worse in the real world.

At this point, the pendulum is controlling you like a puppeteer is controlling its puppet, and the firmest string to pull you by is fear, the most ancient and strongest feeling there is. It does not really matter what it is you are afraid of exactly, but if your fear is somehow connected to an aspect of the pendulum, the pendulum will get your energy. Anxiety and being nervous are somewhat weaker threads, but they are nonetheless strong enough to pull at and get you jumping. These feelings are very good at fixating

thought energy radiations on a pendulum's frequency. If something is bothering you, it would be hard for you to get our mind off it and focus on something entirely different.

Feeling guilty would be another very efficient way for a pendulum to pump energy out of you. Feelings of guilt are forced on us already

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in our childhood. It's a very convenient method of manipulation. "If you're guilty, then you have to do as I tell you." It is very unpleasant to live with guilt, and therefore people try to get rid of these feelings. But how? You redeem your fault by either accepting your punishment or working off your debt. Both alternatives imply submission, obedience and a specific way of thinking. The call of duty is a particular form of guilt. To have a duty means that one is obliged to do something. As a result, "the guilty", both the true ones and the ones that are made to believe that they are guilty, are walking around with their heads hanging, bringing the pendulums their energy on a plate. Inducing feelings of guilt by suggestion is the most favorite weapon of manipulators, and we shall return to it at a later point in this book.

All possible human psychological complexes should be noted in particular. The inferiority complex: I am not attractive, I don't have

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any abilities or talents, I am not particularly bright or clever, I don't know how to com-municate with people or how to be around them, I'm not worthy etc. The complex of guilt: I'm guilty of something, everyone is judging me and I have to bear my cross. The warrior complex: I have to be cool, I declare war on myself and on everybody else, I will fight for my place under the sun, I will take what is mine by force. The truth-lover complex: I will show that I am right and everyone else is wrong, whatever it takes. These and other complexes are personal keys to the energy of separate individuals. A pendulum, by hitting on a vulnerable spot, is zealously pumping the energy out of this person.

You can continue naming the strings by which the pendulums control their puppets: justice, pride, vanity, honor, love, hate, greed, generosity, curiosity, interest, hunger, as well as other feelings and needs. Your feelings and interest allow the flow of thoughts

to be fixed in one direction. If a particular subject doesn't provoke any interest or emotion, then it's very hard to focus on it. Therefore, pendulums are able to capture the flow of thoughts by pressing the right buttons like the particular feelings and needs of a specific person.

As a rule, people have a standard way of reacting to negative external sources of irritation. Negative news provokes discontent, alarming news provokes a reaction of worry or fear, having been offended provokes dislike and so on. Habits function as the switch that sets the mechanism of capture in motion. For example, the habit of getting irritated or worried with little cause is the same as reacting to a provocation. Basically, it is the same as reacting negatively to a negative source of irritation. A person could be aware of the fact that negative thoughts and actions won't lead to anything good, however he

would still make the same mistakes out of habit.

In this way, habits often create problems and force us to act inefficiently, and yet they are difficult to get rid of. Habits are illusions of comfort. One has more trust in what is familiar. Anything new causes worry and fear. The old and familiar has already been proven to work through experience. It is like an old armchair, in which you sit down to relax after work. Maybe a new one would be better, but the old one is more comfortable.

Comfort is characterized by such concepts as convenience, trust, positive experience and predictability. New things possess these qualities to a much lower degree, thus it takes a lot of time for a new habit to turn into an old one.

So, we've looked at the methods of influence that pendulums use on people. Can a man escape from the influence of a pendulum?

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We'll be talking about methods of escape further on. Still, it often happens that someone stands up to the pendulum that has enslaved him and openly opposes it. In any battle between a man and a pendulum, the man will *always* suffer a defeat. A pendulum can only be defeated by other pendulums. One man can't do anything. If a man is no longer obeying the pendulum and he gets into a fight with it, he will only lose energy. In the best case, the man will be thrown out of the system, while in the worst case – he will be crushed. An adherent that had the guts to break the rules set by the pendulum, will be proclaimed an outlaw. On the surface of the real world, the man will be convicted or condemned for his actions. In reality, it is not the man's action that makes him guilty, but rather the fact that he has gone out of control and is no longer a source of energy for the pendulum.

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Why is it that "a fault confessed is half re-dressed"? Because the man who accepts the feeling of guilt is completely ready to submit himself to the pendulum's rule. For the pendulum, the actual remorse of the adherent for the act committed doesn't mean anything. Only the restored control over the adherent is of any importance. The pendulum will immediately be much nicer to you, if you give it the opportunity to manipulate you.

And if the guilty one does not submit to the pendulum, then he can be removed, because there is nothing more to gain from him. The true motives of the pendulum are usually veiled by moral principles, saying that a person that has shown remorse is not such an evil person after all. You can easily distinguish whether moral principles are at work or the interests of the system have been in-fringed upon, if you only keep in mind what pendulums look like and what their true goals are.

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You Always Get What

You Don’t Want

As mentioned before, pendulums can get energy from their adherents as well as from their opponents. But loss of energy is only half the trouble. If a pendulum is destructive enough, both the adherent’s welfare and future fate will get damaged.

Every person is from time to time confronted with negative information or undesirable events. All of this is just a provocation of the pendulums. A man doesn’t want these things in his life, but always reacts in one of two ways. If the information doesn’t affect him very much, he won’t pay much attention to it, and will forget about it soon enough. But if the provocative information irritates or frightens him, that is there is something very relevant to him in this information, then a capture of thought energy takes place: the

man is caught in the pendulum’s noose and is tuned to the pendulum’s resonance frequency.

You probably know what happens next. The man starts feeling angry, he is outraged, worried, afraid, vigorously expressing his dissatisfaction. Basically, he is actively radiating energy on the frequency of the destructive pendulum. The pendulum does not harvest all of the energy. Some of it goes to particular sectors in the space of variations. The parameters of the man’s thought energy are such that he is transported to the sector in the space of variations where everything he wants to avoid exists in abundance. As you might remember, if a man’s thought energy is fixed on a certain frequency, he is transported to the corresponding life track. In this case, the pendulum is destructive to his adherent, because it is fixating his frequency, using the noose of capture.

Let’s say that you turn a deaf ear to any information regarding catastrophes and natural disasters. After all, if you are not affected by it, why the unnecessary stress? Usually in this case, a natural disaster will happen

somewhere else, but you will personally be on a life track where you are not a victim of a disaster, but an observer. The track, where you would be a victim, is left behind. And the opposite is true as well, if you allow information about disasters and unfortunate events to affect you, you will moan and talk about it with your friends. In that case, it is very possible that you will soon be transferred onto a life track, where you will be a victim of a disaster yourself.

It turns out that the stronger your desire to avoid something, the greater the risk that you will get it. Actively fighting what you do not want is the same as doing your best to make this very thing a part of your life. You don't even have to do anything special in

order to transport yourself to the undesirable life tracks. It is quite enough to think negative thoughts and add emotions to them. For example, you don't want bad weather, and so you think about how you don't like the rain.

Noisy neighbors are bothering you and you're constantly fighting with them or you quietly despise them in your heart. You are afraid of something and this makes you very anxious. You're sick and tired of your day job and so you savor the feeling of hatred towards your job.

What you *actively don't want*, like things that you are afraid of, things that you hate or despise, will follow you everywhere. There are, of course, many other things you would like to avoid, but those things don't bother you as much at the moment. In that case, those things won't crawl into your life, they simply won't happen. But as soon as you allow the undesirable affect, feeling hatred and starting to cherish the negative feeling, the

unwanted will definitely materialize in your life.

The only way to remove the unwanted from your life is in freeing yourself from the influence of the pendulum that has trapped your thought energy. And from now on resist its provocations and not be a part of this game.

There are two methods of escaping a pendulum's grip: *making it fall through* or *extinguishing it.* Let's look in more detail at how this is done.

The Fall Through of a

Pendulum

Fighting a pendulum is useless. As has been mentioned above, fighting it means feeding it with your energy. The first and most important condition for success is *refusal to fight with* it. First, the more you are trying to fight off the annoying things in your life, the

more actively they will pursue you. You could forever keep saying, "Just leave me in peace!

Everyone, leave me alone!" You think that you are defending yourself against the annoying pendulums, but you are actually feeding them with your energy and thus, they stick to you even more.

Second, you don't have the right to condemn or change anything in this world. You have to accept everything like you would accept an artwork at an exhibition, no matter whether you like it or not. There may be many pictures at the exhibition that may not seem too appealing to you. However, it would never occur to you to demand that they would be taken away. Once you've recognized the right of the pendulum to exist, you have the right to leave it alone, to resist falling under its influence. But the main thing is to avoid getting into a fight with it – don't blame it, don't get angry with it, don't lose your temper, because all this would mean your participation

in the pendulum's game. Do the exact opposite,

quietly

accept

the

pendulum

as

something given, as an unavoidable evil, and then leave. If you show any aversion, you will be giving your energy to the pendulum.

Before exploring what it means *to choose*, we have to learn how *to say no.* People, in general, have a vague idea of what they want.

But everyone knows for sure what they don't want. Striving to free themselves from undesirable things or events, many act in such a way that they get the exact opposite. *In order to say no, it's necessary to accept.* The word "accept" in this context does not mean that you should embrace it and make it a part of yourself, but rather that you should admit to yourself that everyone has the right to exist, and then pass by indifferently. To accept and to let go means to let things pass through you and to wave goodbye to them as they leave. The opposite would be to accept things and to keep them close by, and then to

become attached to them or try to resist them.

If you are being pestered by thoughts about things you dislike, those very things will find their way into your life. Imagine that somebody doesn't like apples. He simply hates them, they make him sick. This person could just ignore them, but he cannot come to terms with the thought that there are such disgusting things as apples in his world.

They irritate him every time he lays eyes on them, and he actively talks about his aversion. This is what happens on the material plane. However, on the energy plane, the man is greedily pouncing on the apples, stuffing his mouth with them, chewing nois-ily, and trying to scream how much he hates them, he is stuffing his pockets full of apples, he is choking on them

and again starts complaining about how sick he is of them. It does not occur to the man that he can simply

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throw the apples out of his life if he doesn't want them.

Whether you love or hate something has no meaning. The main thing is that if your thoughts are preoccupied with the object of your feelings, the energy of your thoughts will fix on a certain frequency and you will thus, be captured by a pendulum and transported to a corresponding life track, where the loved or hated object exists in abundance.

If you don't want to have a certain thing in your life, then stop thinking about it, pass this particular thing by indifferently, and it will disappear from your life. *To throw something out from your life does not mean you should avoid it, but simply ignore it.* To avoid something means to allow it passage into your life, but at the same time actively try to free yourself from it. To ignore something means not to react to it in any

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way and, consequently, not to have it in your life.

Imagine that you are a radio receiver. Every day you wake up and listen to a station that you really hate that is the world around you.

So, just tune yourself into a different frequency!

It can appear that, placing an iron curtain between you and the world would protect you from undesirable pendulums. This is nothing but an illusion. When you are in this iron shell, you are telling yourself: "I am a blank wall. I don't see anything, I don't hear anything, I don't know anything and I don't speak to anyone. There is no access to me."

In order to maintain such a protective field, it's necessary to spend energy and quite a lot of it actually. A person that is intentionally trying to shut

himself off from the world is constantly on the edge. Besides everything else, the energy of a protective field is tuned

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into the frequency of that pendulum, against which your protection was built in the first place. And this is exactly what the pendulum wants. It does not care at all whether you give him your energy with pleasure or with anger, as long as you give it to the pendulum.

What could then serve as protection against a pendulum? *Emptiness.* If I am empty, no pendulum will be able to catch on to me. I am not joining the pendulum's game, but I am not trying to defend myself against the pendulum either. I simply ignore it. The energy of the pendulum flies past me, without touching me and disappears into space. The pendulum's game doesn't bother me, it doesn't affect me. In relation to the pendulum, I am empty.

The pendulum's main objective is to attract as many adherents as possible to get their energy. If you ignore a pendulum, it will leave you alone and switch over to other people. This is because the pendulum can

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only affect someone that accepts its game, in other words, someone who starts radiating thought energy on the frequency of the pendulum.

Let's take the most basic example. A barking dog is chasing you. If you turn around to face it, the dog will bark even louder. If you will take the dog seriously and start to wrangle with it, the dog will continue running after you for quite a while. After all it is the dog's aim to find someone to have a row with. But if you simply ignore the dog, it will look for another object. And do notice that it will never occur to the dog to feel insulted because you wouldn't pay any attention to it. The dog is too absorbed with its goal of getting energy that it can't possibly think about something else. Now, you could substitute the dog with a troublemaker, and the given model would work the same way.

If someone is annoying you, try the model of a destructive pendulum on him. He'll probably be a perfect match. If you cannot quiet the "troublemaker", then simply refrain from reacting to his provocations – ignore him.

He won't leave you alone until you stop giving him your energy. You can give the energy directly to him by getting into a fight with him, or indirectly by silently hating him. To stop giving away your energy means to stop thinking at all about the troublemaker. Just throw him out of your head. Simply tell to yourself: "Oh, never mind him!" – and he will be gone from your life.

However, it is often the case that you simply can't ignore the pendulum. For example, the boss calls you on the carpet. Simply refusing, or trying to defend yourself would in both cases mean a loss of energy, because in both situations you would be fighting the pendulum. In such cases, you can act as if you are taking part in the pendulum's game. The

main thing is to keep in mind that you are just pretending to play the pendulum's game.

Imagine a burly fellow raising his sledgehammer at you and striking a blow. You have nothing against it, you are not defending yourself and you are not attacking him. In this moment, you simply step aside and the big fellow, along with his sledgehammer, hits an empty spot. This means that the pendulum can't catch on to you and thus, it falls through empty space.

The same principle lies at the heart of aikido

– a type of martial arts. The following is what literally happens in aikido: the attacker is taken by the arm and brought along with the defender, as if the defender is casually seeing him off, and then the attacker is released without any force from the defender, and is sent flying in the same direction

in which he was aiming in the first place. The whole secret is that the defender has nothing

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against the attack. He agrees with the attacker's way, walks together with him for a while, and then lets go of him. The energy of the attacker falls through into empty space, because if the defender is "empty" there is nothing to catch on to.

So, what is the technique behind this soft approach? Basically, you respond to the pendulum's first attack with agreement, and then you diplomatically step aside or unobtrus-ively direct the pendulum's movement to where you want it. For example, your eager boss wants to load you with work and demands, all excited, that you do it exactly the way he wants it to be done. You know that it needs to be done differently or you even believe that this task is not your responsibility in the first place. If you will start objecting, arguing and defending yourself, your boss will, in the strictest way, ask for your obedience. After all, he has made a decision, and you're defying him. Do the exact opposite.

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Listen carefully to what your boss is saying, agree with everything he says, let the pendulum exhaust its first impulse. Then gently start discussing the details of the job with him. At this moment, you have accepted the energy of your boss and radiate at his frequency. His impulse has not met any opposi-tion and will therefore subside for the time being. Don't tell him that you know better how this job should be done, don't say no to the job and don't argue with him. Just ask for his advice, ask him how you could do the job faster and better or how perhaps another employee could do it even better. By doing this, you are swinging along with the pendulum, but you are doing it consciously, not participating in its game, but as if observing it from the outside. The pendulum swings, completely absorbed with the game. And it is the pendulum's game – it is making the decision, and people agree with it and consult it for advice. You'll see that the energy,

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previously directed at you, will be turned away from you, towards another solution or towards somebody else, who will do the job.

Hence, for you personally, the pendulum will fall through.

Extinguishing

a

Pendulum

There can be situations where you cannot make the pendulum fall through. That is, you cannot simply ignore or escape it.

I had a friend once that was this really nice and good-hearted guy, but he was also gifted with incredible physical strength. So we were going on a tram one night, and there was this group of bullies looking for trouble, – a real destructive pendulum. There was quite a few of them, all as one, feeding each other with negative energy and all convinced that they are above any law. In order for their energy

to multiply, they would constantly need to bother other people that would react to their provocations and thus, give them their energy.

So, this angry looking bunch started bothering my friend, probably because the kind and peaceful expression on his face suggested he wouldn't be too much trouble. They tried in every way to pick a fight with him, insulting and taunting him, but he remained silent and didn't react to any of the provocations –

in other words, he tried to make the pendulum fall through. Neither did I interfere, because I knew that he had nothing to fear, but the bullies were really out on a limb. Finally, my friend couldn't stand it any longer, so he got up and headed for the exit, but the most impudent adherent blocked his way. Then my friend, who by now was cornered, grabbed the punk by the scruff of the neck, and delivered a hideous blow to his head.

The victim's face was instantly made into a bloody mess. The remaining heroes were dumbfounded with amazement and fear. My friend turned and grabbed the next one, but that one started mumbling with a trembling voice:

"Tha-a-t's

enough,

man…..enough…..dooon't." The energy of the pendulum was instantly extinguished, and its adherents, still taken aback, were slowly moving backwards, and finally tumbled out of the tram.

Of course, lucky are those that can stand up for themselves. But if you are not one of them, what then? If you have nowhere to run, then you can stop the pendulum by doing

something

out

of

the

ordinary,

something that no one would expect from you.

Somebody told me of a case like that. Once, a pack of "fearless" street gang members cornered a fellow and were about to beat him

up. Then he approached the leader of the gang, staring at him with an insane look in his eyes, and said, "So what should I break: your nose or your jaw?" A question like that was clearly out of context (it did not fit the script) and the gang leader was for a moment taken aback. Then the fellow cried out

with unhealthy enthusiasm “Or maybe I’ll just tear your ear off!” and grabbed him by the ear with his hand. The leader of the gang gave out an agonizing cry. The entire show that the gang was so used to putting on was now ruined. The gang leader was now not even thinking about beating somebody up, only one thought was tormenting him – how to free his ear from the tight grip of the mad-man. The gang let the guy go, as they thought him to be a nutcase, and the guy in return escaped the bloodshed.

So there you go, if you ever find yourself in a situation where you know the usual course of events, do something surprising – no matter

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what – something that does not fit into the standard development of events. The pendulum will be extinguished. The thing is, as long as you are acting according to a given scenario, you accept the pendulum’s game and give away your energy on that frequency.

But if your frequency is very different from that of a pendulum, you and the pendulum will be in dissonance, and thus, you’ll throw it off rhythm.

At the same time, you shouldn’t be asking for trouble if you are dealing with a pendulum that has nothing to lose. If you are attacked by a person that is trying to rob you, it’s better to give him the money right away. Some people even carry a ten-dollar bill for occa-sions such as this. For instance, if the robber is a drug addict or he is mentally ill, he could easily end your life, even if you are a master of the martial arts. Therefore, you are much better off not dealing with people like that at all, as you wouldn’t with a rabid dog.

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Otherwise, your death would be unwarranted and absurd.

Having a sense of humor and a creative imagination can be very helpful in extinguishing a pendulum. Turn your irritation into a game. For example, you are annoyed with the massive amount of people on the street or on the

bus, and everyone is in a hurry and makes it difficult for you to make your way.

Now imagine that you are at a bird bazaar in Antarctica. All these people around you are actually penguins, waddling, fussing and pottering about in a very funny way. And who would you be? You would be penguin as well. After this transformation, the people around you would instill liking and curiosity in you, rather than annoyance.

Of course, it's hard to control yourself when you are mad with rage. At these moments, the hardest thing of all is *to remember* that this is only a pendulum trying to draw

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energy from you. Don't give in to its provocations. The pendulum is like a vampire, it uses its own form of anesthesia that is your habit of reacting negatively to a nuisance. Even now, having read these lines, you could in a couple of minutes get distracted and answer an unwanted phone call with an irritated voice. But if you make it your aim to acquire the habit of *remembering* about the pendulum, soon enough you will develop immunity against its provocations.

Notice that when you come across annoying situations and react to them with irritation, dissatisfaction and other negative emotions, the negative situation that provoked these emotions will instantly get worse and you are in for more trouble. This is how the pendulum swings higher and higher. And you are the one pushing it. So, do the exact opposite

– either don't react at all or react in an inappropriate way. For example, you can meet annoyances with false enthusiasm or even

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with moronic delight. This is how you extinguish a pendulum. You'll see that the pendulum will not continue its provocations.

As you remember, the habit of negatively reacting to annoying situations is the lever that sets the pendulum's capture mechanism in motion, so that the pendulum can get to your thought energy. Such a habit will fade away if you play your own game, in which you delib-erately make the following substitutions: fear

– confidence, gloom – enthusiasm, resentment – indifference, irritation – joy. At least try to react "inappropriately" to small nuisances. What do you have to lose? It might be a ridiculous thing to do, but if you play the game this way the pendulum will not stand a chance. This gaming style seems ridiculous only because the pendulums have trained us to play the games that are of benefit only to them. Now, try forcing the pendulum to play your game - you will enjoy the game and you will discover to your great surprise what a

powerful technique it is. The working principle is this: radiating thought energy at a frequency different from the resonance frequency, you get in dissonance with the pendulum. Thus, for you personally, the pendulum is extinguished and therefore leaves you in peace.

There is another interesting method of gently extinguishing the pendulum. If someone is bothering you, making a problem for you, try to determine what that person needs. Now imagine this person having what he needs. This could be health, confidence or peace of mind. If you think about it, these are the three main things that we all need, in order to feel satisfaction. So think about, what does this person really need right now?

Suppose that your boss shouted at you.

Maybe he's tired or he is having problems at home? Then he needs some peace of mind.

Imagine him relaxing in an armchair in front

of the TV, or by a fireplace, fishing with a rod on the river, or maybe having a beer with his friends. Do you know what he likes to do?

Perhaps his bosses have been pushing and pressing him, and he is afraid of taking on more responsibility? Then he needs some confidence. Imagine him skiing like a pro, driving around in a sports car, or being at a party where he is the centre of attention.

Perhaps he is ill and in pain? Imagine that he is happy and healthy, swimming in the ocean, riding a bicycle, playing football. Of course, it's better to imagine him doing what he likes to do. But you don't have to guess, don't worry. It's quite enough to imagine this person in a situation where he is satisfied.

So what is actually happening here? Your boss suddenly appears on the scene and has only problems in hold for you. (Instead of your boss, it could be a robber or anyone else that means trouble). Distract yourself from whatever trouble he is bringing you. Thus,

from the very beginning, you refrain from putting your head into the frequency-captur-ing noose. Now imagine this person getting exactly what he needs. (What does a robber want; to eat, to drink or to get high?) Visual-ize an image where this person gets his satisfaction. If you're successful, you can consider your troubles gone. After all, the pendulum didn't simply begin to swing on its own. Something got it out of balance. The pendulum is, consciously or unconsciously, looking for something that will restore its balance. And suddenly the energy of your thoughts on a certain frequency restores, although indirectly, the pendulum's balance. It will instantly substitute its aggression with good-will. What? You find it hard to believe? Go on and test it!

So, basically what happens when you apply the above technique is that you extinguish the pendulum. A pendulum-man approaches you with a problem and you solve the

problem, not in an obvious way, but on the energy plane. You gave the pendulum your energy, but only a tiny piece of it, in comparison to what you could have lost. In addition, you've done a good deed – you've helped someone in need, if only temporarily. The interesting thing is that this person will later have a different, friendlier attitude towards you. He will never be able to guess why he is feeling comfortable in your company. Let that be your little secret.

This technique can be successfully used in situations when you need to get something from somebody, and that particular person is busy with his own problems and isn't really keen on giving you whatever it is that you want. You need a signature from the local official? First, "feed" him a little of your nice visualization, and he'll do anything for you.

Just one last thing; where do you think the energy of a dampened pendulum goes? It is

actually transporting back to you. Having overcome your problem, you get stronger.

And the next time something like this happens it will be very easy for you to find the right solution to the problem. Isn't that the case? But if you try to fight the problem, you'll be giving your energy to the pendulum that created the problem in the first place.

The techniques of making a pendulum fall through or extinguishing it, are also well-known by both psychologists and psychiat-rists as professional methods. So, really these methods are nothing new. However, to somebody who is not acquainted with the methods of practical psychology, these techniques would be valuable, as they bring clarity and understanding to what psychological defense is and how it works.

Simple

Solutions

to

Complicated Problems

If you were able to extinguish a pendulum or make it fall through, you would as well be able to solve all kinds of possible problems.

This problem could be a complicated life situation, a conflict, an unfavorable circumstance, a difficulty or simply a task. There are simple solutions to all complicated problems. The key to solving a problem is always somewhere on the surface, the only question is how to spot it. The pendulum that has created the problem for you will get in the way of you seeing the key to the problem.

The goal of a destructive pendulum is to get energy from you. In order to accomplish this, it has to fix the frequency of your radiating thoughts on the problem. This is very easy to do, if you are convinced that the problem is difficult. If you accept these rules of the

game, the pendulum will easily take you by the hand and lead you into an intricate labyrinth. Only later will you realize the answer was right there in front of you the whole time.

If you scare a person, worry him, confuse him or play on his fears, saying how difficult the problem is, then he will easily agree to things being complicated and so he'll be hooked. But you don't really have to scare people to achieve the same effect. The public opinion is already such that many problems are considered to be difficult in nature and thus, lack simple solutions. Throughout life, every one of us is constantly confronted with difficulties of some kind, especially when it is something new and unfamiliar. As a result, everyone has a strongly rooted habit of facing problems with anxiety and sometimes even with reverential fear. In addition, one always weighs his abilities to handle a problem on the scales of doubt. Consequently, the

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tendency to face problems with fear is transformed into a puppet string.

The pendulum can act either through its adherents, namely people associated with a particular problem, or it can act through non-living objects as well. The pendulum fixes the radiation of thought energy on a certain frequency and is busy sucking the energy, while the person is preoccupied with the problem. One would think that fixing frequency on the subject would help concentration. How could that possibly interfere with solving the problem?

The thing is that the pendulum fixes our thoughts on a very narrow sector in the informational field, while the solution may very well be outside this sector. As a result, a person is thinking and acting within the limits of the narrow corridor and doesn't really have the possibility to see the bigger picture.

Unusual and intuitive solutions appear to

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you precisely when you free yourself from the pendulum and get the freedom to think in another direction. The whole secret of being a genius is being free from the influence of the pendulums. While pendulums capture the

ordinary

people's

frequencies

of

thoughts, geniuses' frequencies of thoughts can reorganize themselves independently and may enter unexplored areas of the information field.

Then how should you act in order to avoid getting into the pendulum's capture noose?

Don't get absorbed with the problem and don't allow the pendulum to ensnare you in its game. *Rent yourself out.* Act as you normally would in such situations, but not as a *participant* in the game, but rather as an *external observer.* Try looking at the situation, as if it didn't concern you at all. Remember that the pendulums want to take you by the hand and lead you into a labyrinth. Don't let the problem scare you, grab hold of you,

worry or confuse you. Just remember that there is a very simple solution to any problem. Do not accept the "difficult" interpretation imposed on you by the pendulums.

If you have been confronted with a problem or a tricky situation, catch yourself on your attitude towards it. The problem could give rise to confusion, fear, resentment, despair and so on. You need to change your usual attitude towards the problem to the exact opposite, and the problem will either disappear all by itself or you will quickly find a very simple solution to it. In spite of your stereotypes and habits, see any problem not as an obstacle that you have to overcome, but rather as a part of the road you have to walk on. Don't leave any space in yourself for the problem. Be empty to the problem.

If you have to solve a problem that requires a certain amount of thinking, don't rush into logical

reasoning

right

away.

Your

subconscious is directly linked to the field of information. The solution to any possible problem is already there. Therefore, you should first relax, and then cast away any fear and anxiety that you may have regarding the solution. Because you do know that the solution is out there. Let go of yourself, stop the train of thoughts and try to contemplate the emptiness. It is very likely that the solution will come to you instantly, and it will probably be a very simple one. If that didn't work, don't get upset and turn on your thinking device. It will work the next time. This exercise is very useful in developing the ability to obtain intuitive knowledge. The only important thing is to make it your habit.

This method really does work, if you are able to free yourself from the pendulum and "rent yourself out". However, this is easier said than done. Later in this book, you'll discover new methods for dealing with pendulums.

This is truly only the beginning. Doesn't it

seem to you that I have taken you by the hand and I am about to lead you into a labyrinth? That's right, be free even of the people that preach to you about your freedom.

The Suspended State

Having freed yourself from the influence of destructive pendulums, you acquire freedom.

But freedom without a goal – is *a suspended state.* If you are preoccupied with making the surrounding pendulums fall through or extinguishing them, you are running the risk of finding yourself in a vacuum. Previous conflicts have gone somewhere else, concerns that have been annoying you have receded, arguments occur more and more rarely, anxiety and worry have disappeared. All of this happening is hardly noticeable, as if the storm is slowly quieting down.

However, soon you will find out that there is a downside to it. If you were in the centre of events before, now they seem to be happening somewhere else. To the people around you, you are no longer of the same importance as you used to be before and they pay less and less attention to you. You have fewer and fewer concerns, but there are no desires either. The pressure from the external world weakens, but that doesn't bring you any advantage. You have fewer problems, but no new achievements.

What is happening here? The thing is that the entire world of man is built on pendulums. Therefore, if a man isolates himself from them completely, he will find himself in a desert. The suspended state is not much better than being dependent on the pendulum. For example, children who have everything pine away, because "there's nothing more to want." They are suffering themselves and they pester everyone around them

with their whining. Humankind is made in such a way that he always needs something to strive for.

Your freedom is being free from the pendulums of others. But there are pendulums that will be of use to you personally. These are *your pendulums.* In other words, it's necessary to recognize goals that have been forced on you, and in the pursuit of which you walk further and further away from your life track of happiness. The task is, while being free, to choose those life tracks where true success and happiness await you.

Pendulums are not an absolute evil to a person, if he is aware of his actions and the situation. You can never be entirely free from pendulums. The only question is how to avoid putting yourself under the influence of pendulums, and to consciously use them for your own purposes. Transurfing offers specific tools for doing this. To free oneself from

the influence of pendulums completely is not possible, but it's not even necessary. On the contrary, it is exactly the pendulums that are, in the end, responsible for turning a man's dreams into reality.

Summary

A pendulum is created by the energy of people who are thinking in the same direction.

A pendulum is an energy-based information structure.

A pendulum fixes thought energy of an adherent onto its own frequency.

A heavy battle for adherents is going on between pendulums.

A destructive pendulum forces goals onto its adherents that are alien to them.

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A pendulum plays on people's feelings, attracting them into its net.

If you actively do not want something, it will be in your life.

To free yourself from a pendulum means to throw it out of your life.

To throw something out of your life means not to avoid it, but to ignore it.

To stop a pendulum, it's necessary to violate the script of the game.

Positive visualization will gently extinguish a pendulum-man.

The energy of an extinguished pendulum is transferred to you.

Problems are solved by the fall through or extinguishing of pendulums, which created the problems in the first place.

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In order to solve problems – rent yourself out.

To avoid a suspended state, you must find your own pendulums.

You must develop the habit of remembering all of this.

CHAPTER III THE WAVE OF SUCCESS

Metaphors such as "The Blue Bird of Happiness" and "The Wheel of Fortune" have quite a material basis. It is well known that success and failure follow one another, like bad days and good days. How do we exclude bad days from our lives?

Your thoughts are coming back to you like a boomerang.

The Antipode of a Pendulum

Now it's time to check your homework. What pendulums could be called constructive? The answer is - none. It may sound like a paradox, but that is really the case. Don't be offended, dear Reader, the question was meant to be provocative. The main and only goal of *any* pendulum is to get energy from its adherents. If it can't get any energy, it will stop.

A pendulum can only be constructive to itself, but never to you. What is so constructive or creative about something that takes energy from you? Of course, different pendulums are destructive to different degrees. For example, it's hard to imagine that a beach volleyball club would take up arms against a club of ice swimming enthusiasts. Then again, a volleyball membership could never really ruin your life. However, the pendulum

of the volleyball club is also feeding on energy from its adherents, and if they get bored with playing beach volleyball, the club will die. But this is nothing compared to being a gang member, where your freedom and even your life could be taken away.

You could object: if I go to a fitness club where I am only focusing on myself, then how can I be giving away energy to the pendulum? It doesn't matter if you are only focused on yourself or not, you are still required to follow certain rules in the fitness club. You can do whatever you want back at your own place, but at the fitness club, all members are acting in the same way by following the rules established by the system, and thus they give away collective energy to the pendulum of the fitness club. If all members of the club would run away, the pendulum would no longer receive any energy, and so it would stop.

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You could ask the question in a different way: are there energy structures that don't need your energy? Actually, there are. One of them is *the wave of success* or a coincidence that is fortunate for you personally. Every person has his own waves of success. It is often the case that you have a little luck and then comes an entire wave of other pleasant and unexpected events. As if you're having a run of good luck in your life. Waves such as this don't appear every day, only if you were pleasantly surprised and got into a good mood the first time.

"The Wheel of Fortune" and "The Blue Bird of Happiness" are not just abstract metaphors. The wave of success is basically an accumulation of life tracks. Everything can be found in the space of variations, including these gold veins. If you've found the outer line of such a gold vein and caught some luck, you could automatically glide on to other lines of accumulated fortune, where new

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lucky circumstances await you. But if, after your first success, bad luck rears its ugly head again, it means a destructive pendulum has led you away from the gold vein.

The wave of success brings happiness without taking any of your energy. It can be compared to an ocean wave that carries an exhausted swimmer to the shore. The wave of success transfers you to your happy life tracks. The wave, just like a pendulum, couldn't care less about your fate, but it doesn't need your energy either. If you want to – get on the wave and swim with it, if you don't want to – the wave will pass you by without feeling sorry for you. The wave of success is a temporary structure, as it doesn't feed on the energy of others. Therefore, it will eventually fade out, kind of like the ocean waves crashing on the shore.

The wave of success could appear in the form of good news. It carries information from

other life tracks. These echoes are interpreted on the current life track as good news.

Your task is to grab on to this fine thread and pull yourself up to the life track where the good news came from. That life track will now not only have good news for you, but fortunate circumstances as well.

It may seem that the wave of success comes and goes. In fact this wave doesn't move at all, it doesn't gather any energy and it doesn't get weaker. We adopted the term

"wave" in our model just to make it easier to understand. As mentioned, the wave of success is static in the space of variations, as an accumulation of favorable tracks. You are the one moving from one life track to another, so to you this "vein" appears as a wave because you grab it, by letting it into your life, or you get further away from it, carried away by the pendulums.

The wave is not interested in you and it is therefore easy to miss - it will pass you by and won't come back. This has given rise to the general belief that the blue bird of happiness is difficult to catch. In reality, you don't have to make any effort in order to surf this wave. It's all only a matter of choice.

If you welcome the wave into your life, it will be with you. If you give in to the influence of destructive pendulums and get yourself imbued with their negative energy, you will move away from the wave of success. That is how people always act: “we don’t treasure what we have until it’s gone”. The bird of happiness doesn’t mind at all pecking seeds from your hand. You don’t have to catch it. As long as you don’t chase it away, it will be more than enough.

This is one of the most paradoxical features of *the freedom of choice.* People can actually choose happiness and success for themselves. And at the same time they’re not free

from pendulums that carry people away from the wave of success. We are yet again returning to our previous topic. In order to get the freedom of choice for yourself, it is necessary to *reject dependence* on pendulums . We have also the right to be free from the influence of pendulums that are not “ours”. Only one thing remains - to find out how we can *obtain these rights.*

The Boomerang

Most people have thoughts constantly running around in their head. If the thinking process is not controlled then negative thoughts and worries will prevail. The things we are most worried about are things that we fear; things that we find irritating or upsetting and things that make us feel depressed or dissatisfied. This is how destructive pendulums have been influencing the shape of the human psyche over thousands of years.

These pendulums maintain fear in man, in order to successfully manipulate him. This is exactly why people are vaguely aware of what they want, while they know exactly what they do not want.

Allowing the negative “thought-mixer” to take over (that is when you are mulling over everything that is bad, complaining and having generally pessimistic thoughts) means to join the game of a destructive pendulum,

and to radiate energy at its frequency. This is a rather unfavorable habit. It would really benefit you to replace it with another habit –

having conscious control over your thoughts.

Whenever your mind is not occupied with anything in particular – for example, when you are on a train or a bus, or when you are out taking a walk, or doing something that doesn't require special concentration or attention – put positive thoughts in your head.

Don't think about what you were not able to

get – think about what you want to get, and you will get it.

Suppose that you don't like the house you live in. You are telling yourself: "I'm fed up with this place. Everything about this place irritates me. But once I move to a new home, then I'll be happy. Meanwhile, I just can't help myself….oh, how I hate this place!"

Keep in mind that with thoughts like that it's impossible to get what you want. Even if you are about to move to a new and better place, your new house will bring you many disappointments.

Fair enough, you'll say, but I'm leaving this dump and moving to a luxurious villa! What disappointments could be waiting for me there? You don't have to worry about that.

The more despise you feel towards the little house that has given you shelter these many years, the more unpleasant surprises will await you in your new quarters. And these

unpleasant surprises will be of the most varied kind. The taps won't work, the paint will start to peel, walls will start caving in, the neighbors will annoy you – in short, all those things will happen that need to happen in order to maintain the parameters of your negative radiation. Whether it's the

new house or the old one – what difference does it make? There will always be life tracks with all possible conveniences where you will be just as dissatisfied as before. The space of variations has many luxurious houses where you will nonetheless feel like you are in hell.

And if you don't have anywhere to move to yet, then you will remain in this hated situation for sure. After all, you're not tuned to the frequency of the life track where the house of your dreams awaits you. At the moment, you're thinking about what you don't like, so you're giving off negative energy and this energy fits perfectly with the life track you are at now. Therefore, you're stuck there

until the frequency of your radiations changes. And this is not too difficult to do.

First of all, accept your present situation as it is and get rid of your dissatisfaction and resentment. You can always find something good in everything and in any situation.

Even the smallest things in life can be a source of joy. So, you don't like the house you're living in, but you can at least be grateful to it. After all, it has sheltered you. It is rainy and windy outside, and the house is the one to endure that, while keeping you safe and warm. Doesn't this deserve some kind of recognition? If you are grateful for what you have now, if you experience love towards all those things surrounding you, things that make your life easier, then you will be giving off positive energy. Then, if you want to, you could count on an improvement of your living conditions. And when you are moving away, be sure to thank everything that surrounded you before in your old house. Even

things that you throw away deserve your gratitude. In these moments, you are *transmitting* positive vibrations to the surrounding world, and these vibrations will definitely come back to you.

Second of all, start thinking about the house that you would like to have. This is more difficult to do than to get irritated with things around you. But then, it's also more useful.

What is a better thing to do? To react as usual, like an oyster to external irritants, or to make a little effort and change your habits?

Look at real estate advertisements that feature photographs and prospects of potential future homes, visit interior design stores and look for furniture that you would like to have in your house. In other words, let all your thoughts be preoccupied with what you wish to have. We always possess things and encounter situations that have a powerful grip on our thoughts. *Our thoughts always return to us like a boomerang.*

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There are so many examples that could illustrate how a negative attitude can ruin one's life. Let's say you are planning a vacation in a warm country. But where you live now, the weather is absolutely terrible. You're walking the streets, the cold wind is making you shiver and the rain is soaking your clothes. It is, of course, hard to be overly joyous in such weather. So, at least try to be neutral, ignor-ing this destructive pendulum. If you are actively expressing your dissatisfaction with the weather, then you are accepting the pendulum and you are making it swing higher.

You are telling yourself: "Well, soon I'll be going to a warm country and I'll be so happy in the sun and in the warm sea. But as for now, damn this swamp!" Thus, with such an attitude you're not tuned to the life track where heavenly relaxation is waiting for you.

You won't get there. You already have your plane ticket, you say? Well, so what? You'll only get to your destination, but either bad

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weather or some other misfortune will be waiting for you there. However, everything will be great if you only get tuned into a positive frequency.

It's obviously not enough to *prevent* negative energy from getting to you. You yourself need to *avoid radiating* such energy. For example, you were very annoyed and you yelled at someone. You can be sure that as a result some sort of problem will follow. In the present situation, the parameters of your radiation match the life track where you are annoyed. So, that's exactly where you will be

"transported". On these tracks, the density of unpleasant situations is higher than average.

Don't try to calm yourself with the justification that this unpleasant situation was actually unavoidable. I don't need to try to convince you or to prove anything to you. Just watch how new unfortunate events seem to follow any negative reaction that you have.

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The conclusion from all of this is very simple and clear: you will always find yourself on the life tracks that correspond to your energy radiation. If you let negative energy in, unpleasant things will happen in your life. If you radiate negative energy, it will return to you like a boomerang, only this time as problems.

The Transmission

Instead of accepting a game with destructive pendulums, look for pendulums where the game will be of use to you. This means acquiring a habit of paying attention to everything that is good and positive. As soon as you see, read or hear something good, pleasant, or reassuring – attach this to your thoughts and feel happy. Imagine that you are walking in a forest: there are pretty flowers, but there are also poisonous thorns.

Which do you choose? If you picked some

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elderberry flowers, brought them home and put them in a vase, you'll soon have a head-ache. Why would you ever need that? It's just as harmful

reacting to destructive pendulums. It would be better to pick some jas-mine blossoms, enjoy them and take in their pleasant aroma. Bring everything positive in-to your life, and soon you'll have more and more good news and nice opportunities.

So you've been inspired and felt joy, but then everyday life dragged you down once again.

The holidays are over and working days are approaching. How to keep the festive feeling? First, *remember* it. Out of habit, we plunge into colorless everyday life, forgetting about the nice things in life and so it stops bringing us pleasure. This is a bad habit.

Pendulums make us forget.

We need to maintain the little flame of celebration in us and we have to cherish that feeling. Simply observe how life changes for the

better, grasp for the tiniest straw of joy, look for good signs everywhere and in everything.

This is, at least, not a boring thing to do. You need to *remember* that every minute that you spend with Transurfing, you are consciously moving closer towards your dream, and that means you are controlling your own destiny. This notion alone will instill you with calm, confidence and joy, and thus you'll always be on holiday. Once the feeling of being on holiday has become a habit, then you will always find yourself on top of the wave of success.

Be happy with everything you have in the present moment. I am not simply asking you to be happy by definition. Sometimes circumstances are such that it's very difficult to be satisfied with life. But from an entirely practical point of view, expressing your dissatisfaction with something is a pretty un-constructive thing to do. After all, wouldn't you really want to be on the life tracks where

everything is working out perfectly for you?

How will you ever get there if your radiation is full of discontent? The frequency of such radiation corresponds exactly to the life tracks that are bad for you, so the situation will be quite the opposite of what you really wanted. The good tracks are characterized by the fact that when you are on them you feel good and your thoughts are filled with joy and satisfaction.

Good news is not too exciting and is soon forgotten. Bad news, on the other hand, stirs up quite a response because it informs about a potential threat. Don’t let bad news into your heart and hence, into your life as well.

Shut yourself off to bad news and open yourself to good news. Any positive change should be recognized and carefully cherished. These are the forerunners of the wave of success. As soon as you hear even the smallest piece of encouraging news, don’t forget about it immediately, as you used to

do, but do the exact opposite - savor it, talk about it, pursue it. Think over this piece of news from all possible angles, take joy in it, build hypotheses on it and expect a positive development. In this way, you will be thinking on the frequency of the wave of success, tuning into its parameters. As a result, there will be more and more good news and life will get better. This is not mysticism and this is not a quality of the human psyche to filter information in different ways, like when a pessimist looks at the world through dark glasses, while an optimist looks at the world through rosecolored glasses. This is reality: you are moving to the life track that corresponds to the parameters of your thoughts.

Being on good terms with yourself and the surrounding world, you are *transmitting* harmonious emanations to the surrounding world. You are creating around yourself an area

of

harmonious

vibrations

where

everything is turning out successfully. A

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positive attitude always leads to success and creation.

Negativism, on the other hand, is always destructive and is always aimed at devastation.

For example, there's a category of people who are *looking for problems but not for their solutions.* They are always ready to discuss difficulties in a lively manner and find all kinds of new problems. Such people usually have trouble actually suggesting a real way out, because from the very beginning they are tuned not to the solution itself, but to the search for more difficulties. Their fixa-tion on the hunt for problems brings these in abundance, but the situation remains un-solved. The readiness to look for and criticize the bad sides of things always brings the corresponding fruits: a great deal of harm but no benefit. Look around and you'll definitely find people like that. They're not especially good people or especially bad people. They

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are simply sitting firmly on the hook of destructive pendulums.

Most people treat any unwanted event in their lives with hostility. Usually, an unwanted event to us is an event that is not part of our own original script. And the opposite is also true - we only believe something to be successful if it corresponds to our expectations. Let's say that a man misses his plane and is very upset about this.

Little does he know that the plane is going to crash. But it can also be the other way around, when a man misses out on a fantast-ic opportunity just

because it was not part of his plan or it was simply inconceivable.

The worse a person thinks about the surrounding world, the worse this world gets, at least for this person. The more he gets upset over his lack of success, the more failures will come his way. “As a man sows, so shall he reap.” If a person chooses to live his life

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with a pessimistic view on things, then every day he’ll be practicing Transurfing in re-verse: he is sliding along the life track, where real hell is waiting for him. Assume the position that is the exact opposite: rejoice in your misfortunes just out of spite, try to find something useful in your problems – this is always possible. A glass is not half-empty, it is half-full. There is a trivial saying, “It’s all for the best” and it works like a charm, if that is what you really believe. You have to be stubborn in maintaining your positive attitude, refusing old habits of always getting upset and depressed for any reason.

Every misfortune is, at the very least, a good lesson that makes you stronger and more experienced. Take joy in everything good that is happening in your world, and it will turn into pure paradise. Of course, this is a very unusual way of behaving. But your goal is also very unusual – to become a genie that

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grants his wishes. How can you achieve this, using ordinary methods?

Reacting positively is a difficult thing to do at first, because the old habit of reacting negatively to the undesired is strongly rooted in us. The main thing is to learn *to remember* that whenever an unfortunate event happens, it is a pendulum trying to hook you. As soon as you remember that you are able to make a conscious choice: to give away your energy to the pendulum, having splashed out all of your negative emotions, or leave it emptyhanded and thereby gain a victory.

If you did *remember*, the fall through or extinguishing the pendulum will already be easy. We always unconsciously give away our energies to the pendulum. As was already mentioned, pendulums pull us by the strings of our feelings, and our habits form the lever that sets in motion the thought capture mechanism. Even after having read this

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chapter and having set the goal *to remember* the foul game of the pendulum, you will again react negatively to the unwanted.

Then, of course, you will realize that in that moment you simply *forgot* about it and were acting unconsciously, out of habit. Nonetheless, as soon as you have *remembered in time*, the situation will be entirely under your control. You'll smirk to yourself: "Ah, it's you, pendulum? Well, it won't be that easy for you to hook me up this time." You're no longer a puppet on a string. You are free to make the conscious decision of either accepting or rejecting the pendulum.

If you use this method with a high level of persistence and determination, eventually the new habit will replace the old. But mean-while, pendulums will try to get to you in every possible way. You'll notice how, as if on purpose, a whole lot of annoying little nuisances will start popping up in your life. Don't despair, because the problems will mostly be

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of a petty kind. If you won't give up and if you will learn *to remember*, your victory will be very impressive, you'll see.

And this is what could happen: next time you encounter the wave of success, a pendulum won't be able to carry you away from it.

Hence, the bird of happiness will stay in your hands. And in order to lure it in, you must give off positive energy all around you. That is, you should not only be an exclusively positive receiver, but a positive transmitter as well. As a result, the world around you will be changing very quickly for the better. You will be able to glide easily onto more and more successful life

tracks. In the end, the wave of success will come to you, sweeping you along with it and bringing you directly to success. But don't be thinking that Transurfing is only limited to gliding on the wave of success. These are only the first steps. Many more extraordinary discoveries are waiting ahead.

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Magic Rituals

In conclusion of this chapter, let's look at one particular example where the method of tuning into the frequency of the wave of success is used. In various situations, people sometimes unknowingly try to tune into the wave's frequency. For example, in the beginning of the day, sellers are prepared to give the first customer a significant discount.

They intuitively feel that the first customer is very important – it's necessary to get things going, to initiate the trade and once the first sale has been made this can be achieved. In the language of Transurfing, it means tuning into the frequency of a track for successful trading. It would be difficult to simply focus one's thoughts on the frequency. But the first customer gives real hope and faith, and the tuning thus happens on its own. The seller gets on the wave of successful trading and emanates

thought

energy

with

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corresponding parameters. He himself believes that his goods will sell out quickly and he needs only mention this to a customer, who then immediately gets "caught" by this radiation and obediently makes the purchase, convinced that he got really lucky today.

Let's take one more example. Market sellers often perform a peculiar magic ritual – they touch their merchandise with money. Of course, this action on

its own is absolutely deprived of power, therefore there is no real magic taking place. However, if the seller believes in the power of the ritual, his belief alone will help him tune into the frequency of successful trading. The actual tuning occurs on a subconscious level. The seller's mind is only aware of what is happening on the outside: the ritual works but for some unknown reason. And it actually does work, not by itself, but as stage props. The main part is played by the actor's thought energy.

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Almost every profession has a similar

"magic" ritual for different situations. People believe in these rituals and use them successfully, in order to tune into the frequency of successful life tracks and to get on top of the wave of success. Actually, it's not important what people believe in – in the magic quality of the ritual or in the tuning process. As you know, the only important thing is the practical result.

Summary

The wave of success is an accumulation of favorable tracks in the space of variations.

The flow of fortunate events follows only if you have been inspired by the first success.

Destructive pendulums take you away from the wave of success.

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Having freed yourself from the pendulums, you get the freedom of choice.

Receiving and transmitting negative energy, you create your own hell.

Receiving and transmitting positive energy, you create your own heaven.

Your thoughts always return to you like a boomerang.

Pendulums won't throw you off the wave, if you have the habit of remembering.

The habit of remembering is formed through a systematic practice.

CHAPTER IV

THE BALANCE

People create their own problems and obstacles, and then waste time and energy on overcoming them.

Contrary

to

popular

belief,

Transurfing shows that the reasons to all of our problems lie on a different plane. How can we eliminate problems from our lives? Care without worrying.

Excess Potential

Everything in nature strives towards a state of balance. Drop in atmospheric pressure is

balanced out by the wind. Differences in temperatures are compensated for by heat exchange. Everywhere, where there could be an *excess potential* of any energy, *balancing forces* appear, directed at eliminating the imbalance. We're so used to this being the normal state of affairs that we don't even ask ourselves: but why is it exactly this way and not another? Why does the law of balance work? There is no answer to this question.

Overall, laws do not explain anything - they only state the obvious. All laws of nature are only secondary to the law of balance. It is the primary law (or at least so it seems). Therefore, it is not possible to explain why balance should exist in nature. To be more precise, it is impossible to explain where balancing forces come from and why they exist at all.

After all, just because we are used to some phenomena, it does not mean that is exactly how things happen. We can only guess what the world would be like without the law of

balance: would it turn into some kind of formless jelly or into aggressive scorching heat? However, the inappropriateness of such a strange world cannot be the reason to why the law of balance exists. So, we simply have to accept the law of balance as a fact, and stare in amazement at how perfect the space around us is. At the same time, however, we would not have any idea about what the driving force behind all of this is.

We're used to having good and bad luck in life. We are also used to the idea that success is always followed by failure. These are all manifestations of the law of balance. After all, both failure and success upset the balance. Absolute balance is when there is absolutely nothing going on, but there are no absolutes. In any case, no one has yet been able to observe an absolute state of balance. The world is full of constant fluctuations: day –

night, high tide – low tide, birth – death and

so on. Even in vacuum, elementary particles are constantly dying and being reborn.

The entire world could be viewed as a collection of pendulums where some are swinging higher, others are being dampened and all are interacting with each other. Each pendulum receives impulses from its neighbors and gives them its own in return. One of the fundamental laws controlling this entire complex system is the law of balance. In the end, everything strives towards

balance. You yourself are also a kind of pendulum. If you one day decide to upset the balance and make a sudden swing in one direction, you will affect neighboring pendulums and create annoyance around you, which will then turn against you.

The balance can be upset not only by actions, but also by thoughts, and not only because thoughts usually precede actions. As you know, thoughts radiate energy. Even in the

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material world, everything is based on energy. And everything that happens on the invisible energy level is reflected in the world of visible material objects. It may seem that the energy of our thoughts is too small to be able to have any effect on the world around us. But if that was the case, things would be so much easier.

Nevertheless, let's not try to guess what's actually happening on the energy level, so we don't get completely confused. For our purposes, it is quite enough to accept the simplified model of balance: if an excess energy potential appears, balancing forces arise to eliminate this potential.

Thought energy gives rise to excess potential when some kind of object is given too much significance. For instance, let's compare two situations: in one situation you're standing on the floor in your room, and in the other -

you're standing on the edge of a cliff. The

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first alternative doesn't bother you at all. Yet, in the second alternative, the actual situation becomes very significant to you – take one wrong step, and something irreversible will happen. On the energy level, the fact that you are simply standing has the same significance in the first case as in the second. But, being as you are on the edge of a cliff, fear arouses tension in you, and so you create an irregularity in the energy field. The balancing forces will appear immediately, directed at eliminating this excess potential. You might even be able to feel their effect: on one side, a mysterious force

is pulling you down, while on the other side, a different force is pulling you away from the edge. After all, for the excess potential of your fear to be eliminated, balancing forces either have to pull you away from the edge or throw you off the cliff and put an end to it. So it is the action of these forces that you are experiencing, while standing on the edge of a cliff.

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On the energy level, all material objects have the same significance. We are the ones that give them specific qualities: good – bad, happy – sad, attractive – repulsive, good –

evil, simple – difficult and so on. Everything in this world is subject to our evaluation. By itself, evaluation does not create any irregularity in the energy field. Sitting an armchair all by yourself, you evaluate the situation: sitting here is safe, but standing on the edge of a cliff is dangerous. Yet, in the current moment, it does not concern you. You simply evaluate the situation and therefore the balance is not upset in anyway. *An excess potential only arises if unreasonably great significance is given to an evaluation.*

The magnitude of excess potential grows if an evaluation, having a great significance, is greatly distorting reality as well. In general, if the subject is very important to us, we are unable to evaluate its quality objectively. For example, an object of worship is always

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overwhelmingly full of virtues, whereas an object of hate is always full of flaws, and an object of fear is always full of terrifying qualities. It turns out that thought energy is artificially trying to create a certain quality that was never there in the first place. In such case, excess potential is created, which stirs up the wind of balancing forces.

Distorting reality, evaluation can be displaced in two ways: by giving the object either excessively negative characteristics or excessively positive characteristics. However, just by itself a mistake in evaluation plays no role whatsoever. Again, notice the following

– a displaced, incorrect evaluation will create an excess potential only if your evaluation is of great significance to you. Only the things and situations that are of *importance* to you specifically will provide your evaluation with energy.

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Excess potential, although invisible and in-tangible, nonetheless plays a significant and even treacherous role in peoples' lives. The actions of balancing forces in eliminating this potential give rise to the lion's share of problems. The perfidy lies in the fact that a man often gets a result that is quite the opposite of his intentions. Moreover, nobody understands what is actually happening.

Hence, we get the feeling that there is some kind of mysterious evil force at work, a kind of "Murphy's law". We have already touched upon this question when we were discussing why we always get what we really don't want.

Let's take a look at the next example that will show us why the things we wish for always slip away.

There is an erroneous opinion that if we wholly and completely devote ourselves to our job, we can achieve outstanding results.

From the balance's point of view, it's becomes completely apparent that to get

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immersed in your work means to put this very same work on a scale and weigh it against everything else. The balance is disturbed and you won't have to wait long for the consequences. The result will be the direct opposite of what was expected.

If working harder to you is making more money or raising your qualifications, then of course, you would have to make an effort, and nothing terrible will happen because of that. But you've also got to know

when to stop. If you are constantly feeling exhausted and work has become a nightmare to you, then it means you need to slow down or change your job altogether. Excessive efforts will definitely have a negative outcome.

Let's take a look at how this all happens.

Besides work, you have many other things that you value: your house, your family, en-tertainment, your spare time and so on. If you have put your job above everything else,

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then you have created a very strong excess potential. Everything in nature strives towards balance. Therefore, regardless of your will, forces will be manifested, taking care of the excess potential. And they can act in the most varied ways. For example, you get sick

– there can be no talk about work until you get better. Maybe you would even get depressed, and why not? After all, you are forcing yourself to do something that has become a burden to you. Your mind keeps telling you: "Come on, you have to get up, go to work and earn some money!" But your soul (the subconscious) is wondering: "Is that really why I came into this world, to suffer and endure all kinds of pains? What do I need all of this for?" Finally, you'll end up with the chronic fatigue syndrome, which will put an end of any possibility of doing a job. It's like pulling the devil by the tail –

there is no point.

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At the same time, you may notice how other people around you achieve greater results and they do so without much effort. It turns out that, having reached a certain level, the significance that you attribute to your job starts maxing out. The more weight your work has for you, the more problems you will get. It will seem to you that having all these problems is just the normal way of things,

“it’s all in working order”, so to speak. The truth is that you would have much fewer problems if you only lowered your “bar of importance.”

There is only one conclusion we can draw from all of this: in order to eliminate any excess potential you need to consciously review your attitude to work. It is necessary for you to have some time off when you can do what you like, besides your job. Those who don’t know how to relax don’t know how to work either. Once you are at work, *rent yourself out.* Give your job your head and your hands,

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but not your heart. The pendulum of work needs all your energy, but you came into this world not just to work. You will be much more productive and efficient at work if you eliminate your excess potential and free yourself from pendulums.

While renting yourself out, make sure to act impeccably. Don’t let yourself make even the smallest blunders, which may allow others to accuse you of recklessness. The impeccable bit concerns your performance at work.

Renting yourself out does not at all mean to be a slacker and take no responsibility for your actions. It means to act detached, not creating excess potential, but at the same time do everything that is asked of you down to the smallest detail. Otherwise, you may be in for a bumpy ride. For example, there are always people around you who, unlike yourself, really bury themselves in their work.

They will sense subconsciously that you are renting yourself out; that is you are no longer

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working extremely hard but still manage to get a lot of things done. These diligent souls will intuitively start looking for an opportunity to catch their rival making a mistake. As soon as you make a mistake, they will immediately throw themselves on you. Whatever mistake you have made, it will probably be insignificant, and therefore humiliating, when your

colleges point it out. Something like you being late for work, forgetting something or having missed something. If you were engrossed in your work, they would overlook your mistakes. But now they accuse you of not caring enough about your job.

Similar situations could arise not only at work, but also in your family or among friends. Therefore, when you are renting yourself out, whatever situation it may be, it's necessary to perform your duties flawlessly. Let your inner observer – the *Overseer* -come to your aid in this task .

Otherwise, you will soon plunge into the

game once again. Your inner Watcher doesn't have anything to do with a split personality. You're simply noting to yourself, in the background, what you are doing and how you are doing it. We'll return to this in subsequent chapters.

You could object to the above reasoning: if you should not be working excessively and consequently, avoiding any excess potential, how can we then understand the expression,

"putting your heart and soul into it"? It depends on the task at hand. "Burying yourself in your work" could only be justified in one situation, when the work itself is your goal.

We'll discuss later the topic what it means to have a *goal* and what your *goal* is. So, in the case where your work is your goal, it serves as a kind of tunnel leading you to success. In contrast to the job you are doing for somebody else, such work pumps you with energy and fills you with inspiration and satisfaction. If you're among those rare happy souls

whose work is exactly like that, then you have absolutely nothing to worry about.

Everything mentioned above is completely true for studying as well. Later in this chapter, we will look at other life situations which create excess potential. We will also look at the consequences that follow the actions of balancing forces.

Dissatisfaction

and

Judgment

Let's begin with the topic of being dissatisfied with oneself. You could be, for example, dissatisfied with your personal achievements and qualities, but you could also be dissatisfied with yourself, refusing to accept your flaws and weaknesses. You can be aware of them but you shouldn't be developing complexes because of them. But if your flaws really bother you and become of great

significance to you, excess potential will be created. The balancing forces will quickly get to work eliminating this potential. Their actions can be aimed at the development of someone's virtues or at the struggle with their weaknesses. Consequently, a person will be more inclined to do one or the other.

Most often, the person will choose the struggle, and having assumed such a position, it will turn against him. It's pointless trying to hide one's imperfections, but eliminating them is difficult too. So, you get the exact opposite result and the situation becomes worse. For example, trying to hide his timidity a man gets even shyer or he becomes unduly familiar with strangers.

If a man is dissatisfied with his achievements only to the degree where it serves as a push for self-perfection, the balance is not disturbed. The world around him is not affected by this relative dissatisfaction, but the inner change in balance is compensated for by

positive actions. But if a man starts wallowing in self-reproach and resentment towards himself or, even worse, he starts punishing himself for whatever it is he doesn't like in himself, then a dangerous situation will take form, where soul and mind are in conflict.

Yet, the soul didn't deserve this kind of treat-ment. The soul of any person is perfect and self-sufficient. All flaws and weaknesses that you have acquired are the flaws and weaknesses of mind, not of the soul. However, this is such a large and complicated subject that it is worth writing a separate book about it. Here we'll only make a note of the fact that being in conflict with oneself is an extremely bad thing to do. The soul will with-draw into itself, while "reason will prevail"

and this could result in a complete devastation of one's life. Just so that you do not have to look for a psychoanalyst later – start with letting yourself go and forgive yourself for all of your flaws and weaknesses. If you are

unable to love yourself right now, then at least stop fighting with yourself and accept yourself as you are. This is the only way your soul will be an ally to your mind. And it is a very powerful ally indeed.

Alright, you say, I'll leave all my flaws and weaknesses in peace, then how do I acquire virtues? You don't expect me to stop developing as a person, do you? Of course, not!

You are free to develop your virtues as much as you want. We're only talking about stopping the war with your flaws and weaknesses. In a war like that you waste energy, not so much on supporting something useless, but rather on supporting a very harmful excess potential. Once you've finally turned away from this struggle, the released energy will be directed at developing your virtues.

Even though all of this may sound extremely simple, lots and lots of people waste an enormous amount of energy on the struggle

with themselves, trying to cover up their imperfections. They are like titans that have doomed themselves to bear this burden all their life. If only they allowed themselves to get rid of this heavy burden and be just the way they are, life would get so much simpler and easier. Their energies would be redirected away from the struggle with flaws and weaknesses to the development of virtues.

Moreover, the parameters of such radiation would correspond to the life tracks where virtues triumph over flaws and weaknesses.

Think about it. For example, how can you ever move to the life track where you are in good physical shape, if all your thoughts are focused on your physical flaws? You get what you actively don't want.

When you are unhappy with yourself, you get into a conflict with only your soul – but when you are unhappy with the world, you get into a conflict with a large number of pendulums. You know by now that there is

nothing good in being under their spell. And when it comes to waging war with them –

well, it is better not to think about it at all.

Dissatisfaction is an entirely material radiation. Its frequency goes well with those life tracks where whatever it is that you don't like about yourself is pronounced even more.

When you feel that you are being pulled towards these tracks, you become even more dissatisfied, and this continues until you get to the track where you are old, sick and in-capable of changing anything. The only thing left for you is trying to find some comfort in whining about this world together with others who are just like you, and in memories of how good everything was back in the old days.

Every generation is convinced that life is worse now. No, life is worse only specifically for those in a given generation who are used to wallowing in their dissatisfaction with this

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world. Otherwise, humankind (after a number of generations) would simply have rolled down into a living hell. A rather depressing picture, isn't it? This is the first aspect of being dissatisfied with the world, which leads to life getting increasingly worse.

However, there is another aspect to this harmful habit of showing dissatisfaction –

and that is upsetting the state of balance.

Regardless of whether your dissatisfaction is justified or not it is creating an excess potential in the energy space around you. This potential gives rise to balancing forces, which will strive to restore the balance. It would be great if these forces worked in a way that would make things better. But, unfortunately, things usually happen the other way around. The balancing forces will try to be-siege you, so that your complaints about this world will be of as little weight as possible.

This is much easier for them to do than to change everything that you are displeased

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with. Imagine what would happen if a ruler started actively expressing his dissatisfaction with everything that was happening in his state. It's not even important whether his motives were good or bad. Such a ruler would be removed or even physically destroyed. The entire history of humankind serves as a confirmation of this.

Basically, the action of the balancing forces will be directed at decreasing the influence you have on the world around you. This is extremely easy to do and it can be done using all possible methods, like for instance by

relieving you of your obligations, your job, your salary, your home, your family, your health and so on. Can you see now how the older generations end up with a life that is

“worse than back in their days”?

Now let’s examine this question from a different angle. One could argue that since the balancing forces act to diminish the excess

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potential of dissatisfaction, which is a negative feeling, the opposite should be true as well. In other words, it would seem that if you were very happy with the world around you, then the balancing forces would do whatever it takes to ruin your party or to push you back to wherever you came from.

However, it does not happen unless, of course, your joy turns into a “wide-eyed enthusiasm.” Firstly, according to the law of Transurfing, you are transmitting creative energy that transports you to positive life tracks. Secondly, such energy is unable to create the destructive excess potential, which the balancing forces strive to eliminate. It’s not by accident that different philosophical and religious interpretations of life have all come to the same conclusion that love is the creative force responsible for the existence of our world. “Love” in this context is referred to in its general sense. Of course, the balancing forces were created by the same power

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that has shaped the world. They strive to support the order in this world and they cannot be turned against the energy that has created them.

From Transurfing’s point of view, our habit of expressing dissatisfaction with smallest of things is a really bad one and it stops us from getting what we want. And the opposite is true: the habit of constantly experiencing little joys, for the most varied and insignificant reasons, is a very good habit and will get us what we want. There is only one conclusion to be made - we must *substitute* our old habit with the new one.

How do you do this? Well, it is all very simple. First of all, as trivial as it may sound, any misfortune is a blessing in disguise. If you make it your goal to find something good in things that appear negative to you – you will reach your goal without further effort.

Turn it into a game. If you play it constantly,

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your old habit will quickly be replaced by a new one. This habit will be of great use to you and a total nightmare to destructive pendulums.

Second of all, if something really terrible happens and the very thought of feeling any kind of joy seems completely unnatural and inappropriate, do as the old King Solomon did. He used to wear a ring with an inscription on the inside that was not visible to others. When something bad happened or when Solomon would find himself in serious trouble, he would read the inscription inside

“This, too, shall pass.”

The habit of expressing dissatisfaction has been developed in humankind much due to the influence of destructive pendulums. With new habits, you’ll be generating positive energy which will carry you to positive life tracks like the flow of a powerful stream.

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Let’s suppose that, having become inspired with the possibilities, you’ve started practicing the technique of substituting habits.

Well, I have to tell you that soon you will notice how you’re practicing this less and less regularly and from time to time you simply forget that you wanted to change your habits in the first place. This is unavoidable because these old habits are deeply rooted in you. As soon as you start slacking off, the pendulum will immediately find a way to upset you, and you won’t even notice that you’ve just fed it your energy. Don’t despair! If your intention is strong, you’ll achieve whatever you want and the destructive pendulums

will, in the end, leave you in peace. You just need to *remind* yourself about your intention more often.

We are all guests in this world. Nobody has the right to be the judge of what he himself didn't create. This affirmation should be understood in the light of your relationships

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with the pendulums. As mentioned earlier, if you start acting against the destructive pendulums that made you dissatisfied in the first place, then you will only be making things worse for yourself. You don't have to be a meek little sheep, but you don't have to openly confront the world around you either.

If the pendulum is acting against you personally, you can apply the method of fall through or try to extinguish it. When it tries to get you into a battle with other pendulums, try to find out whether you really need to or not.

Let's once again get back to the example with the gallery where an exhibition was not to your liking. Act as if you were at home, but don't forget that you are just a visitor.

Nobody has the right to judge, but we all have the freedom of choice. The pendulum benefits from you expressing your dissatisfaction, whereas you would benefit from simply leaving the room and choosing

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another exhibition to look at. I can already hear your question: and what if there is nowhere to go? Pendulums made you believe that that is the case. This very book is actually dedicated to the topic of how to get rid of this false limitation.

Dependent Relationships Idealizing the world is the other side of dissatisfaction. Looking at the world through rose-colored glasses will make many things seem better than they really are. As you know, when you

think that there is something somewhere, when in fact there is not, excess potential is created.

To idealize means to overrate, to put on a pedestal, to worship, to create an idol. Love is the force that is creating and directing the world, and it is different from idealization because it remains passionless in essence, no

matter how paradoxical this may sound. *Unconditional love* is a feeling without the right of ownership, admiration without worship.

In other words, it does not create a *dependent relationship* between the one that loves and his object of affection. This simple formula will help to determine where the feeling ends and idealization begins.

Imagine that you are walking around in a mountain valley that is overflowing with green plants, lustrous trees and flowers. You are admiring this wonderful landscape, taking in the aroma of this fresh, vibrant air and your soul is completely happy and peaceful.

This is love.

Then you start picking the flowers: you tear them out from their beds and you crush them with your hands, without thinking that they are alive. Then the flowers slowly die.

Later on it occurs to you that you could make perfume and cosmetics out of flowers, or that

you could simply sell them to others, or maybe you decide to create a cult of flowers and worship them as idols. This is idealization, because in every case, dependent relationships are created between you and the object of your former love – the flowers.

Nothing is left from the love that you once felt when you were simply enjoying the scenery, back there in the mountain valley.

Can you feel the difference between these two situations?

So, love generates positive energy that carries you to a corresponding life track, while idealization creates excess potential, giving rise to the balancing forces that then strive to eliminate this excess potential. The action of the balancing forces is different in each case, but the result is the same. Basically, it can be characterized as “removing the halo”. This always happens, if you idealize something or someone. And, depending on the object and the level of idealization, you get a strong or a

weak result – but it will always be a negative one. Thus, the balance will be restored.

If love turns into a dependent relationship, then an excess potential is unavoidable. The desire to have what you do not have will create a “change of energy pressure”. Dependent relationships are identified by set conditions like “if you do this… - then I will do this…” You can find plenty of similar examples. “If you love me, then you’ll abandon everything and come away with me to the world’s end. If you won’t marry me, then it means that you don’t love me. If you praise me, then I’ll be friends with you. If you won’t give me your toy shovel, then I’ll kick you out of the sandbox.” And so on.

The

balance

is

also

disturbed

when

something is compared or contrasted to something else. “We are in this way, and they are in a different way!” For example, nation-al pride: comparing

the nation – with what

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nations? The feeling of inferiority: comparing yourself – to whom? If something is put in contrast to something else, then the balancing forces will most definitely start eliminating the potential – positive or negative, it doesn't matter. Because you are the one creating the potential, the action of these forces will first of all be directed against you. Action is directed either at "pulling apart" the contradicting parts, or at uniting them in a common agreement or confrontation.

All conflicts are based on comparisons and contradictions. At first, fundamental declara-tions are made: "They're not like us." Further on, it develops on its own. "They have more than us – we need to take it away from them." "They have less than us – we must give it to them." "They are worse than us –

we must change them." "They are better than us – we have to wrestle with ourselves."

"They act in a different way than we do – we need to do something about that." All of

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these different comparisons will one way or another lead to a conflict – starting with personal, emotional discomfort and ending with wars and revolutions. The balancing forces will strive to eliminate the emerged contradiction with the help of reconciliation or confrontation. But, because in the latter case pendulums can always get a chunk of energy, they try to manipulate things so that a confrontation will take place.

And now, let's look at some examples of idealizations and their consequences.

Idealizing

and

Overestimation

Overestimation is the attribution of personal qualities to someone who does not have these qualities. On a mental level, this appears in the shape of illusions that seem harmless at first. But on the energy level,

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excess potential is created. Potential is created everywhere where there is an overflow of some kind of quantity or quality. Overestimation is exactly that – creating mental models of qualities that are not there. There are two possible alternatives here. The first alternative is when the place is filled. That is when there is a specific individual who has qualities attributed to him that are not his own. In order to eliminate this discrepancy, the balancing forces must produce a counter-weight.

For example, a romantic and dreamy young man imagines his beloved to be "an angel of pure beauty." But in reality it turns out that she is quite the material girl, she likes party-ing and is not at all interested in sharing the dreams of the young man in love. In any other case when a man creates an idol and puts it onto a pedestal, eventually, the halo will come off.

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In connection with our topic, let me introduce the remarkable story about Karl May, an author of several books about the Wild West and the creator of such heroes as Old Shatter-hand, Winnetou and others. Karl May wrote all his novels in first person, which made the reader believe that the author has actually been to the Wild West and has taken part in all of the events that he accounts for in the book, therefore he must be a truly remarkable person worthy of admiration. The works of Karl May are so real and vivid that an illusion is created so complete that it seems to the reader that only someone that has actually participated in described events could have written about them. You read the books of Karl May and it is as if you are watching a movie. The stories in his books are so compelling that Karl May has been called "The German Dumas4".

The many fans of Karl May were totally convinced that he was that same famous

cowboy, the Old Shatter-hand, just as he had introduced himself in his books. His fans wouldn't allow any other conclusions to be made. After all, they have found an object of admiration and imitation and the fact that their idol was living in the vicinity made it even more interesting. Imagine their surprise when it became known that Karl May had never been to America and, what's more, he wrote several of his books while sitting in jail. Thus, the halo came off and Karl May's greatest fans became his worst enemies.

Well, and who is the guilty one here? After all, they created their idol and established a dependent relationship – "You can be our hero, only as long as everything in the book is true."

The second alternative, when there is no object to attribute the artificially created illusions to, an idealizing person will make up castles in the sky and pretty daydreams. The dreamer has his head in the clouds, trying to

escape the unattractive reality. By doing so, he is creating an excess potential. The balancing forces in this case, in attempt to destroy the castles in the sky, will constantly be confronting the romantic with the harsh reality.

Even if he could attract a mass of people with his ideas and create a pendulum, nonetheless his utopia is doomed, because an excess potential has been created on an empty spot, and sooner or later the balancing forces will make this pendulum stop.

One more example of when the object of overestimation exists only in the ideal world.

Let’s suppose a woman is drawing up a picture of the ideal husband in her mind. The more convinced she is that he must be exactly in this way or that, the greater the excess potential will be. And only a guy with the opposite qualities to those of the perfect husband will be able to destroy this excess potential. And then the woman can only wonder “What in the world was I thinking?”

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The opposite is true as well. If a woman actively hates drunkards and rude people, it is almost as if she falls into a trap, getting together with an alcoholic or a rude fellow. You get what you really cannot stand, and this is because you are radiating thought energy on the frequency of the disliked object, creating on top of it all an excess potential. Life often brings together completely different people that really seem to be unsuitable for each other. This is how the balancing forces are trying to extinguish the excess potential, by making the opposites of excess potential attract.

The action of the balancing forces is especially evident in children, because children are more sensitive than adults are to any changes on the energy level, and thus they act naturally. If a child is given too much praise, he will immediately start acting up out of spite. And if you begin to ingratiate yourself with him, he will start despising you

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or, at least, he will never respect you. If you use all your strength in an attempt to raise the toddler to be a well-behaved and obedient boy, then most probably he will end up hanging out with some dodgy street gang. If you were to try to make some kind of genius out of him, he’ll probably lose all interest in school and studying. And the more you keep dragging your child to all kinds of after school activities and societies, the more likely it is that he’ll grow up to be a dull person.

The very best way of bringing up and relating to children (and not only to children), which won’t result in any excess potential, is to treat them like guests. In other words, you should be attentive to them, show them respect

and give them freedom of choice, but you shouldn't allow them walking all over you either. As much as you are a guest in this world, so you should treat the children as guests. If you accept the rules of the game

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and don't run from one extreme to another, you are allowed to choose anything this world has to offer.

Having a positive attitude towards others is as widespread as having a negative attitude.

There is some balance in this case. There is love and there is hate. A smooth positive attitude will not result in any excess potential. A potential is formed when there is a noticeable displacement relative to the nominal value. Unconditional love can be considered a zero on the scale of displacement. As you know, unconditional love doesn't give rise to dependent relationships and it doesn't create any excess potential. But that type of love in its purest form is rare. Basically, a dash of each of the following is added to pure love: the right of possession, dependence and overestimation. It's hard to refuse the right of possession, because possessing your object of love is completely natural and rather

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normal, as long as it doesn't lead to either of the following two extremes.

The first extreme is the desire to have somebody you love who doesn't belong to you at all and who doesn't even suspect your desire.

(You understand, of course, that I am not only talking about the physical aspect of possession.) This is a classic case of unreciprocated love. Unanswered love has always given rise to a lot of suffering. However, the mechanism behind this is not as simple as it may seem. Let's go back to the example with the flowers. So you love walking among them, admiring them and it probably never occurred to you whether or not they love you.

Try to imagine – what do the flowers think of you? Several not too pleasant suggestions might appear in your mind, such as: fear, danger, hostility or indifference. And why should they love you, after all? Or say, you're burning with desire to hold them in your hands, but it's forbidden – they grow in a

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public flower-bed or are too expensive.

That's it. Love is already out of the picture, but what remains is a dependent relationship and negative emotions that have already started creeping in on you.

And so, the object of your love is in one place while you are in another and you want to possess the object of your love. In other words, you are creating an excess energy potential. You could assume that this potential would pull the desired object towards you, just like air masses, which move from areas of high pressure to areas of low pressure. Far from it! The balancing forces don't care in which way a balance is achieved. Thus, they can pick a different way of doing things –

like moving the object of your love further away and neutralizing you - that is, breaking your heart. In addition to everything else, even when you'll be experiencing small failures, you will be more and more prone to dramatize the situation ("she/he doesn't love

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me!"). Therefore, such thoughts will drag you over onto a life track where mutual love will almost be impossible.

The stronger the desire to possess someone you love, or for your feelings to be reciprocated, the stronger will be the actions of the balancing forces. Of course, if they choose an option that brings you closer to your loved one, then the story will have a "happy ending". It is easy to determine the direction of the balancing forces when you've only started to realize that you are in love: if you are really worried about whether your love will be

reciprocated or not, and if something isn't right from the beginning of the relationship, then you know that you need to radically change your tactics. More precisely, you need to start loving without demanding a reward in return. Only then, the unstable fluctuations of the balancing forces could be pulled over onto your side and thus, begin to work for you. Otherwise, the situation will

break out of control like an avalanche, and then it will be almost impossible to change anything.

There is only one conclusion: if you want your tender feelings to be reciprocated, then you simply need to love and not try to be loved. Thus, firstly no excess potential will be created, which means you would not have to worry about the fifty percent chance that the balancing forces will work against you. Secondly, if you won't strive for reciprocity, you also won't have those uncontrollable dramatic thoughts about unanswered love – and your radiation won't drag you to the corresponding life tracks. On the contrary, if you simply love without the right of possession, then the parameters of your radiation will fit those life tracks where reciprocity exists.

After all, there are no dependent relationships in reciprocated love. If you already possess something, there is no point in getting upset about the right of possession. Just

imagine how much your chances of reciprocated love will increase, simply because you have refused the right of possession! Besides, unconditional love is extremely rare, and that alone is already intriguing and attractive. Wouldn't it be nice if someone loved you just like that without demanding anything in return?

The second extreme of the right of possession is, of course, jealousy. Even in this case, the balancing forces have two ways of acting.

If the object of love belongs to you already, then the first alternative is to bring you even closer. In fact, some people even like it when their partner is jealous, to a certain degree of course. However, the balancing forces have one more alternative, and that is to ruin that which gave rise to jealousy in the first place

– namely love. Furthermore, the stronger the jealousy, the deeper will be the grave of your love. It would be like going from enjoying the

aroma of fresh flowers to producing perfume from them.

Everything we've talked about here relates to both men and women. But this is not the end of it. We'll return to the question of overestimation and idealization when we'll be looking at other concepts of Transurfing.

Everything is so simple and, at the same time, so complicated. Complicated, because somebody in love is unable to reason logically and these recommendations will probably be useless. Well, I in turn won't get upset because of that, as I refuse the right to possess your gratitude.

Contempt and Vanity

Judging other people is one of the more effective ways to upset the balance, in particular if in your judgment you despise other people. On the energy plane, there are no

good or bad people. There are only those who obey the laws of nature and those who upset "the status quo". In the end, the latter will always fall under the influence of forces that strive to restore the disturbed balance.

Of course, there are many situations where a person deserves a certain judgment. Does it have to be yours? This is not an idle question. If a man has brought harm specifically to you, then above all, by so doing, he has disturbed the balance and therefore you are not the source of an unhealthy

potential, but an instrument of the forces that strive to restore the balance. Thus, the disturber of the peace will get what he deserves if you tell him everything you think of him, or even do something specific about the situation (within reason, of course). However, if the object of your judgment has not done anything wrong, then you do not have the right to lay any blame on him.

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Let's look at this question from a strictly business point of view. You'll agree that it's completely pointless feeling hatred towards a wolf that tore a sheep to pieces, if you are watching it on TV. The sense of justice is constantly pushing us towards judging different people. However, this quickly becomes a habit and many people over the years turn into professional prosecutors. In the majority of cases, you don't have a clue what made the person behave the way he did. Maybe you would have acted even worse, if you were in his place?

So, as a result of such condemnation, you are creating excess potential around yourself and why not? After all, that the worse the accused one, the better must you be. Since he has hooves and horns, you must be an angel.

Well, since you don't have any wings yet, forces will get involved, striving to restore the balance. The methods of these forces will be different depending on the situation. But,

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basically, the result will always be the same: you get a flick on the nose. Depending on the force and type of your judgment, this hit might be either barely noticeable, or so strong that you subsequently find yourself on one of the worst life tracks.

You can probably come up with a long list of possible condemnations and their consequences but for clarity's sake, I'll list a few examples.

Never despise people, no matter what. This is the most dangerous form of condemnation, because you could find yourself in the place of the despised

person, due to the action of the balancing forces. To them, this is an easier and more direct method of restor-ing lost harmony. Do you despise bums and poor people? You could lose your home and your money and then the balance would be restored. Do you despise people who have a physical disability? Not a problem – an

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accident can be arranged for you too. Do you despise alcoholics and drug addicts? You could easily find yourself in their place. After all, these people are not born that way – different circumstances in life have forced them into becoming who they are now. So why should these circumstances escape you?

Never condemn your colleagues at work for whatever reason. In the best case, you'll make the very same mistakes. In the worst case – a conflict may spring up that won't bring you anything good. You could be fired, even if you are absolutely right.

If you condemn another person just because you don't like him or the way he is dressed, you will find yourself on the ladder of "good and bad". Only you will be one step below him, because you are emanating negative energy.

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If a person prides himself in his successes or is in love with himself there's nothing wrong with that. A general love for oneself is self-sufficient and therefore doesn't bother anyone. The balance is disturbed only in the case when someone with an inflated selfesteem has a scornful attitude towards the weaknesses of others, their flaws or simply their modest achievements. Then love and pride in oneself turns into vanity. And again the result will be a flick on the nose by the balancing forces.

Contempt and vanity are human vices. Animals don't know what these are. They are guided by expedient intention and thus, fulfill the will of perfect nature. Wild nature is more perfect than is the thinking man. A wolf, like all predators, does not feel hatred or contempt toward its prey. (Try to feel

hatred or contempt towards a hamburger.) But people do build their relationships to one another mainly on excess potential. The

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greatness of plants and animals consists in the fact that they are not aware of their greatness. Consciousness has given man many useful advantages, but also harmful garbage such as vanity, contempt, the complexes of guilt and inferiority.

Superiority

and

Inferiority

The feelings of superiority or inferiority are both dependent relationships in their purest form. Your qualities are being compared to the qualities of others, thus inevitably an excess potential is created. On the energy level, it's not important whether you express your superiority publicly or simply congratulate yourself in secret. There is no need for me to try to prove that public display of superiority won't bring you anything, except resentment from the people around you. When you are

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comparing yourself to others to your advantage, then you are striving towards an artificial self-assertion at the expense of others. Such a striving always creates a potential, even if it is simply a shadow of the arrogance that isn't fully expressed. The action of the balancing forces in this case will always be a flick on the nose.

It's obvious that when comparing oneself to the surrounding world, a man is trying to prove his importance. But the actual selfassertion you get by comparing yourself to others is illusory. In a similar manner, a fly would try to beat its way through a window glass, while there is an open window right beside it. When a man strives to tell the world of his importance, energy is spent on supporting an artificially created excess potential. Self-perfection,

on the other hand, develops real virtues – the energy is not spent in vain and a harmful excess potential is not created.

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It may appear to you that the energy spent on comparing yourself with others is quite insignificant. In reality, there is enough energy to support a rather strong potential.

Here, the intention to direct one's energy in one way or another plays the main part. If one's aim is the wish to acquire virtues, then this intention will move the person forward towards the aim. If, however, one's aim is to demonstrate all his "regalia" to the world, then the person will be like a car stuck in the mud – pushing and tugging and not getting anywhere, thus creating an irregularity in the energy field. The world will be "stunned"

with the display of regalia and as a result, the balancing forces will come into play. They do not have much choice: they could either liven up the fading colors of the surrounding world, or extinguish the shine of an inappropriate star. The first alternative is, of course, too labor consuming. Only the second alternative remains. The balancing forces have a

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number of ways of doing this. For them, it's entirely unnecessary to deprive the ambitious person of his regalia. It's enough to present him with an annoying nuisance, in order to knock the stuffing out of him.

We often perceive all nuisances, problems and obstacles to be the integral parts of this world. No one is surprised that all of these, beginning with the tiniest problem and ending with very serious ones, are necessary companions of every person throughout his life. We are all used to thinking that this is our world. In fact, having trouble is an an-omaly, an abnormal phenomenon. Where troubles come from and why they happen to you are things that are often impossible to figure out using pure logic. It turns out that the majority of troubles, one way or another, are brought forth by the actions of balancing forces, which are working at eliminating excess

potential that you or people around you have created. You don’t realize that you have

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created this excess potential and accept your problems as an unavoidable evil and don’t understand that this is simply the work of the balancing forces.

You can free yourself from most of your problems if you free yourself from the immense efforts that you are directing at supporting excess potential. A huge amount of energy is not only spent in vain, but it is also used to turn the balancing forces in such way that the result becomes directly opposite to your intentions. Therefore, you must simply stop beating your head against the window glass, like the fly above, and re-direct your intention to developing your virtues instead, without worrying about your position on the ladder of superiority. Having freed yourself from the heavy preoccupation with your own importance, you will also free yourself from the influence of the balancing forces. You will have fewer problems and become more and more confident in your own powers.

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However, you must keep away all thoughts about you being able to control or manipulate the world. Regardless of your position on the social ladder, having taken the place of the “almighty” you will definitely lose. An attempt to change the surrounding world will disturb the balance. Active interference with the workings of the world will always affect the interests of a majority of people to a certain degree. Transurfing allows you to choose a destiny without stepping on the toes of others. This is much more effective than to forge ahead, trying to overcome all obstacles in your path. Fate is truly in your hands, but only in the sense that you were given the ability to choose it and not to change it. Many people have suffered defeat when acting as if they were the creators of fate in the literal sense. There is no place for battles in Transurfing. Thus, with a sigh of relief, you can “bury the hatchet of war.”

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On the other hand, refusing superiority has nothing to do with self-destruction. Belittling one's virtues is the other side of the superiority complex. On the energy level, whether you create an excess potential with a plus or a minus sign is not important. The size of the created potential is directly proportional to how much a person's evaluation of the world differs from reality. Once the balancing forces encounter somebody's attributed importance, they will act in such a way as to remove it from its pedestal. In the case of low self-esteem, they would force a person to try to raise his falsely underestimated virtues.

The balancing forces usually act in a straight-forward way and they do not really care about the subtleties of human relationships.

Thus, a man starts behaving unnaturally, which all the more highlights what he is trying to hide.

For example, teenagers can behave in a defi-ant and disrespectful way, and by doing so,

they are simply trying to make up for their insecurity. Shy people could be acting overly outgoing or impudently, in order to hide their shyness. People with low self-esteem, wanting to show the better sides of themselves, can behave in an inhibited or affected manner. And so on. In any case, fighting your hang-ups will bring consequences that are by far more unpleasant than the hang-up itself.

As you understand by now, all these attempts to fight one's weaknesses and flaws are in vain. It's hopeless trying to fight low self-esteem. The only way of avoiding its consequences is to eliminate the hang-up itself. However, it's actually quite difficult to get rid of it. Trying to persuade yourself that everything is great with you is also pointless.

You won't be able to fool yourself. The method of using "slides" will help you in this task, and we will get acquainted with it a little bit later.5

At this point, it's enough to simply understand that a preoccupation with one's own weaknesses and flaws, in comparison to the virtues of others, works in the same way as the desire to show off one's relative superiority. The result will be the opposite of your intention. Don't be imagining that everyone around is attributing the same significance to your deficiencies as you do yourself. Actually, everyone is preoccupied only with themselves, therefore you can easily throw this gi-ant weight off your back. Excess potential will then disappear, the balancing forces will stop aggravating the situation, and energy will be released.

It is not a question of fighting your flaws or trying to hide them, but rather of compensating for them with other qualities. Lack of beauty can be compensated with charm.

There are people who are physically quite unattractive, but as soon as they start talking, their listener becomes completely

enthralled. Physical flaws are compensated with self-confidence. Just remember how many great people in history were rather unattractive physically! Inability to communic-ate with others can be replaced with the ability to listen. There is a saying: "Everyone is lying, but it doesn't matter, because no one is listening to anyone anyway." Your eloquence might interest people, but only as a last re-sort. *Everyone*, just like you, is preoccupied exclusively with themselves and their own problems – therefore, a good listener to whom you could pour your heart out, is a true find. I can give one piece of advice to shy people: protect this quality of yours, like you would a treasure! Believe me shyness has a hidden charm to it. Once you decide to stop fighting your shyness, it will no longer be a clumsy quality of yours and you will notice how people will start liking you.

Here is another example of compensating for your less flattering sides. The imagined need

to “be cool” often pushes people to imitate others who have achieved the status of a

“cool guy”. Mindless imitation of somebody else’s script creates nothing more than a par-ody. Everyone has his or her own script. You just need to choose your own credo and live by it. To imitate others in an attempt to gain the “cool” status is just like using the method of a fly beating against the window glass. For example, the leader in a group of teenagers is the one that lives according to his credo. The leader could only have become one because he freed himself from the obligation to ask others about how he should act. He doesn’t need to imitate anyone, he simply has a worthy opinion of himself, he knows what he is doing, he doesn’t need to suck up to anyone and he doesn’t need to prove anything to anybody. Hence, he is free from excess potential and gets the deserved advantage. In any group, the individuals that become leaders are the ones that live according to their

own credo. If a person has freed himself from the weight of excess potential, he has nothing more to defend – he is internally free, self-sufficient and has more energy than those around him. These advantages, in comparison to other members of the group, make him a leader.

Can you see where the open window is located? Maybe you’re thinking, “none of this is about me, I don’t suffer from any hangups”.

Don’t try to fool yourself. *Every* person to a greater or lesser extent tends to create excess potential around his persona. But if you follow the principles of Transurfing, superiority and inferiority complexes will simply disappear from your life.

The Desire to Have and

Not to Have

“If you want a lot – you’ll only get a little.”

This little children's taunt has some truth to it. Only, I would re-phrase it this way: "The more you want, the less you'll get." When you want something so much that you are ready to risk everything you have in order to get it, you are creating a huge excess potential, which upsets the balance. The balancing forces will throw you onto a life track where the desired object doesn't exist at all.

If we were to describe what the behavior of a man that is obsessed with desire looks like on the energy level, it would be something like this. A wild boar is trying to catch a blue bird. He wants the bird so badly that he is even drooling just thinking about it, loudly snorting and rootling about impatiently.

Naturally, the bird flies away. If the hunter

had simply been strolling nearby the bird, not paying any attention to it, he would have had a pretty good chance of grabbing it by the tail.

We could highlight three forms of desire. The first form is when a strong desire turns into a strong determination to have what is desired and to act accordingly. Then the desire is fulfilled. Moreover, the potential of the desire disperses into space, because its energy is spent on performing the action. The second form is the inactive, tormenting desire, which represents excess potential in its purest form. It hangs there in the energy field and, in the best case, it is simply wast-ing the energy of the sufferer, while in the worst case, attracts all kinds of problems.

The third form of desire, when a strong desire turns into dependence from the object of that desire, is the most insidious one. Attach-ing great significance to the desired object

automatically creates a dependent relationship, which gives rise to a strong excess potential. And a strong excess potential will automatically summon balancing forces just as strong to extinguish it. Usually, people make up

following conditions: “If I achieve this, my situation will improve dramatically”,

“If I don’t achieve this, my life will lose all meaning”, “If I do this, I’ll show myself and everybody else what I’m worth”, “If I don’t do this, I’m worthless”, “If I could get this, it would be great”, “If I don’t get this, it will be very bad”. And so on.

Once you become dependent of the object of your desire, you are drawn into such a violent whirlpool that you would simply get exhausted struggling to possess that object. In the end, you will not achieve anything and you will just abandon your desire. The balance is restored and the balancing forces are absolutely indifferent to your suffering in this situation. And all of this happened just

because of your strong need to have that desire fulfilled. The desire remained on one side of the scales while everything else was on the other.

Your wish can be granted only if it takes on the first form, when the desire is transformed into *pure intention*, free from excess potential. We are all used to paying for everything in this world nothing is free. But, in reality, we are only paying off our debts from excess potential that we created ourselves. Everything is free in the space of variations. Since we are already using these terms, then we can treat the absence of importance and dependent relationships as a kind of payment. You can only buy “fulfilled wishes” using this payment. To transfer to a life track where the desired object is transformed into reality, the only thing necessary is the *energy of pure intention.* We’ll talk about intention later. Now, we’ll only note that pure intention is the desire and action

combined into one without any excess importance. For example, your unrestricted intention to go down to the local newspaper stand for a magazine is pure intention.

The more you value a certain event, the more likely it is that things will fail or go wrong. If you attribute great importance to what you have, and cherish it dearly, then the balancing forces will most probably take it away. If what you want to have is way too important for you, then don't be hoping to get it. It's necessary to lower the bar of significance, the bar of importance.

For example, you've got a brand new car and you're absolutely crazy about it: you blow off little specks of dust, you take care of it, protect it carefully, you're terrified of any possible little scratch – basically, you adore and worship your car. As a result, an excess potential is created. After all, you were the one to attribute such great importance to your

car. But in fact, its importance is equal to zero on the energy plane. And unfortunately, as a result, the balancing forces will soon find some schmuck to smash up your car. Or, being overly careful yourself, you will bump into something or other. Once you simply stop worshiping your car and start treating it like an ordinary object then the risk of something happening to it will be significantly minimized. Treating something like an ordinary object doesn't at all mean to neglect it or to be careless. You could be taking perfect care of your car, without making an idol out of it.

The desire to have something has yet another aspect to it. There is the opinion that if you want something very badly, then you can get whatever you want. It could seem that a very strong desire would bring you onto a life track where it would be fulfilled. However, that is not the case. If your desire has transformed into dependence, into some kind of

psychosis or you are hysterically striving to obtain something, regardless of the cost, then somewhere deep down inside you, you don't believe in the fulfillment of your desire.

Consequently, you are transmitting thought energy with "strong interference." If you don't believe in the fulfillment of your desire, you will

try as hard as you can to convince yourself that the opposite is true. Hence, you are forcing the excess potential even higher.

There is a risk of spending your entire existence on your “life-work”. The only thing to be done in this case is to reduce the significance of your aim. Go for it, in the same way as if you would go to a newspaper stand for a magazine.

A strong desire to avoid something is a logical continuation of your dissatisfaction with the surrounding world or yourself. The stronger the need, the more powerful the excess potential will be. The more you don’t want something, the more likely it is that you

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will be confronted with it. The balancing forces are indifferent to the way the balance is achieved. And there are two ways of achieving the balance: one is to either get you away from whatever it is you are trying to avoid, the other way is to force you to get into contact with it. It’s better to consciously stop trying to avoid it, so that no excess potential is created. But that’s not all there is to it. When you are thinking about what you don’t want, you are emanating energy on the track where it will definitely happen. You always get what you actively don’t want.

Here is an example to illustrate what actually happens when you actively don’t want something. A man is attending a grand re-ception at the embassy, where everything is pompous, refined and delicate. Then suddenly the man begins waving his hands wildly about, stamping his feet and scream-ing desperately that he *doesn’t want* to be taken out of here this very moment.

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Naturally, security guys appear and grab the weird fellow, who is resisting and crying, but he is nonetheless escorted out immediately.

This is, of course, a rather exaggerated picture of reality, but on the energy level this is exactly what happens, down to the intensity and proportions of the forces involved.

Let’s look at one more example. Suppose that in the middle of the night you wake up from the noise your neighbors are making. You really want to sleep, you have to go to work tomorrow, but it seems like your neighbor’s party is just getting started. The more you would want them to shut up, the more likely it is that the party will go on. The angrier you’ll get the more violent and noisy the party will become. If you start hating them to a certain degree, it’s guaranteed that such nights will be more and more frequent. To solve this problem, you can apply the method of making the pendulum fall through or extinguishing it. You will extinguish the

pendulum if you’ll see the situation as ironic.

And you could also simply ignore the situation, without displaying any emotion or interest in it. Then the pendulum will fall through and no potential will be created.

Take comfort in the awareness that you have a choice and you know how to use it. Soon the neighbors will settle down. This is how it all works, so you can go ahead and test it.

Now you are able to analyze any past situation and determine whether you overestim-ated the significance of something and what problems you’ve gotten as a result. If things are absolutely terrible, never mind the overestimated significance for now, shake off your dependent attitude and start persistently transmitting some positive energy. The worse it is now, the better. This is how you could assess the situation if you feel that you’ve suffered a great defeat. Be happy! In this situation, the balancing forces are on your side because their job is to compensate

bad with good. It can’t be bad all the time, just as it can’t be good all the time. No one can spend their whole life flying on the wave of happiness. So, this is what a really bad situation would look like on the energy level, if you started to make some conscious changes: you were attacked, cursed at, everything you had on you was taken, you got beaten up, then all of the

sudden you were given a bag full of money. The greater your loss was, the more money you'll find in the bag.

Feeling Guilty

Feeling guilty is an excess potential in its purest form. The thing is that concepts such as good or bad don't exist in nature. To the balancing forces, good or bad deeds are equivalent to each other. The balance will be restored in every case, whenever an excess potential is created. You've done something

bad, you become aware of the nature of your deed, you then feel guilty ("I should be punished") – an excess potential is created.

You've done something good, you become aware of the nature of your deed, you then feel proud of yourself ("I should be rewarded") – an excess potential is also created.

The balancing forces don't have an idea of why someone has to be punished or rewarded. They only eliminate the produced irregularities in the energy field.

The payment for feeling guilty will always be punishment of one kind or another. If you don't feel guilty then the punishment may not be coming. Unfortunately, being proud of yourself when you have done something good will also lead to punishment and not reward. This is because the balancing forces have to eliminate the excess potential of pride, while a reward would only reinforce it.

When other "proper" people are making you feel guilty, the excess potential will be squared. It is enough that your conscience bothers you, but now there is the wrath of the "righteous ones" to bear as well. And finally, an unwarranted feeling of guilt that is related to the innate tendency of "always

being to blame for everything," creates the biggest excess potential. In this case, it is quite pointless to be conscience-stricken.

After all, the reason for your guilt was made up. Having a guilty conscience can really ru-in your life, because you would constantly be under the influence of the balancing forces.

In other words, you would always be punished in various ways for your imagined wrongdoings.

That's why there is a saying: "Impudence is the second happiness"6. In general, the balancing forces won't do anything to people that are not conscious-stricken. Nonetheless, we would really want God to punish those

scoundrels. It would seem that justice has to prevail and evil must be punished. Even so, nature doesn't know anything about a sense of justice, as sad as it may be. On the contrary, the decent people with an inherent feeling of guilt are the ones to constantly face misfortunes. Whereas shameless and cynical scoundrels get away with almost anything without being punished, and what's more, they often get rewarded for their "efforts".

So, feeling guilty will always produce a punishment script and it does so even without your knowledge. By following the script, your subconscious will make you pay. In the best case, you will get a few cuts or bruises, or maybe you'll have some kind of problem.

And in the worst case, you could have an accident that will have serious repercussions.

This is what the feeling of guilt does for you.

It brings only destruction, and there is nothing useful or creative about it. You don't need to torture yourself with a guilty

conscience – it won't be of any help to you.

It's better to act in such a way so that you won't feel guilty later. And once you've done that, it is meaningless to continue torturing yourself in vain, as it won't make anyone feel better.

The Bible's Ten Commandments are not morals in the sense that you have to behave yourself, but they are rather recommendations about how one should act in order not to disrupt the balance. We are the ones who accept the commandments with our basic childlike mindset, as if our mother told us not to be naughty, or we would have to go and stand in the corner. On the contrary, no one is going to punish those who are up to a little mischief. By disturbing the balance, people create their own problems. And the commandments only warn us of that.

As we already talked about earlier, the feeling of guilt serves as a string by which a

person can be pulled by pendulums and, in particular, by manipulators. Manipulators are people who act according to the formula:

"You should do whatever I say because you're guilty" or "I'm better than you are, because you are wrong". They are trying to impose a feeling of guilt onto their "charges", so that they'll have power over them, or for their own self-assurance. On the outside, these people appear "proper." Their conceptions of what is good and what is bad were established long ago. They always speak true words, thus they are always right. All their actions are also flawless and entirely proper.

However, we must say that not all proper people have a tendency to manipulate. So where do the manipulators get their need to lecture and guide their charges from? It is conditioned by the doubts and uncertainties that are constantly tormenting their hearts.

They skillfully hide this inner struggle from the world around them as well as from

themselves. The lack of an inner core of strength, which the truly proper people possess, forces the manipulator to seek self-assurance at the expense of others. The need to lecture and to direct others stems from the desire to strengthen their own position, and they are doing so by belittling their charges.

Thus, dependent relationships are created. It would be wonderful if the balancing forces gave the manipulators what they deserve.

However, an excess potential will only arise where there is tension, but no moving energy. In this case, a charge would give the manipulator his energy. Thus there is no potential and the manipulator is free to act as they like and get away with it.

As soon as somebody shows that he is ready to take on the feeling of guilt, the manipulators will immediately stick to this person and start sucking his energy. In order to avoid their influence, you simply have to refuse feeling guilty. You're not obliged to justify

yourself in front of anybody and you don't owe anything to anybody. If you are at fault, you can bear the punishment, as long as you don't remain the guilty one. Don't you owe your loved ones something? Again the answer is no. After all, don't you care about them because you are convinced that it is the right thing to do, and not because you have to? This is a different matter entirely. If you are prone to justifying yourself, you have to stop doing that. Then the manipulators will know that there is no way they can hook on to you, and so they will leave you in peace.

By the way, the feeling of guilt is the primary cause of the inferiority complex. If you feel inferior in something that means this inferiority is created when you are comparing yourself with others. The investigation can begin, in which you will be the judge of yourself. However, it would only seem that you are the judge. Actually, something entirely different is going on. From the beginning,

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you are predisposed to take on the blame –

it’s not even important for what exactly.

Basically, you agree to be the guilty one. And if that is the case, you’ll also agree to the fact that you can be found guilty and punished.

When you are comparing yourself to others, you are giving them the right to be superior to you. Do note that you handed them this right yourself, you were the one to allow the others to think that they are better than you are! More than likely, they probably don’t even think so in the first place, but you do.

You have decided to be judge of yourself, in the name of others. So, of course, that is what you get, namely people will start judging you, because you put yourself on trial.

Take back your right to be yourself and get up from the chair of the defendant. No one will dare to judge you if you don’t consider yourself guilty. Only you, by your own good will, give the privilege of being your judge

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and jury to another person. It may seem that I am simply appealing to your emotions, distorting facts in order to win you over. After all, if someone has substantial and real flaws, then won’t there always be people who will point that out? Yes, most certainly there will be. But, they will only do so if they feel that you are predisposed to taking on the blame for your flaws. If for only a second you will consider yourself guilty of being worse than others are, they will definitely feel it. And the opposite, if you are free from the feeling of guilt, nobody would think of selfasserting themselves at your expense. You can see that, in this situation, an excess potential can have a very subtle impact on the surrounding environment. This is hard to believe using only common sense. However, I won’t be able to prove anything using only words. So if you don’t believe it – put it to the test!

There are two more interesting aspects to feeling guilty: power and courage. People

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who feel guilty always subject their will to the will of people who don't feel guilty. If I am potentially ready to admit to being guilty of at least something, subconsciously I'm ready to endure punishment and thus, I'm ready for subordination. And if I never feel guilty, but I have the need to assert myself at others' expense, I'm ready to become a manipulator. I am definitely not trying to say that the world is divided into manipulators and string puppets only. I just want you to have a look at the pattern. Rulers and leaders have the very least developed sense of guilt, if it exists at all. Feeling guilty is a foreign concept to cynics and other people, deprived of a conscience. Their method is to wade through slaughter and to walk over other people. It's not surprising that unscrupulous individuals very often come to power. Again, this doesn't mean that power is bad or that all people in power are bad. Maybe your happiness also lies in becoming a favorite of the

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pendulum. Everyone decides for himself or herself what to do with their conscience – no one else has the right to tell you what you should do. In any case, however, you must say no to the feeling of guilt.

The other aspect of feeling guilty is boldness and it is a sign of an absent feeling of guilt.

The essence of fear lies in the subconscious, and fear is not only caused by the frightening

"unknown" but also by a dreaded punishment. If I am "guilty," I theoretically agree to bear punishment, and therefore I am afraid.

Indeed, brave people are never tormented by their conscience and they don't even suffer from the least sense of guilt. They have nothing to be afraid of, because their inner judge has declared that they are right. Quite

the opposite is true for the timid victim: I'm not sure that I've acted correctly, I could be considered guilty and everyone has the right to punish me. Even the tiniest, weakest and most deeply hidden feeling of guilt will open

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the subconscious gates for punishment. If I am feeling guilty, it means I agree in theory that all sorts of robbers and bandits have the right to attack me, and therefore I am afraid.

People have come up with one interesting way of dissolving the excess potential of guilt, namely, asking for forgiveness. This actually does work. If a person is carrying the feeling of guilt inside, he is striving to retain negative energy and is thus pumping up the excess potential. Having asked for forgiveness, a person releases the potential and allows the energy to dissipate. Asking for forgiveness, admitting one's mistakes, praying for one's sins, confession – all these are methods for getting rid of the excess potential of guilt. Writing a pardon, a man would, in a way, free himself of his own accusation, and he would thus, feel better. The only important thing is to make sure that one's remorse doesn't turn into a dependence on manipulators. They are just waiting for this

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to happen. Having asked for forgiveness, you have admitted your own mistake in order to throw the potential off. Manipulators will strive to remind you of your mistake many times in the future, trying to provoke so that you maintain this feeling of guilt. Don't give in to their provocations - you have the right to ask for forgiveness but only once and never more.

Refusing to feel guilty is the most effective means of survival in an aggressive environment: in jail, in a gang, in the army, on the street. It's not an accident that the criminal world has the following unspoken rule:

"Trust no one, fear nothing, don't ask for anything." This rule urges you to avoid creating excess potential. Guilt lies at the heart of all potential that

won’t be of any good to you in aggressive environments. You could protect yourself by demonstrating your strength.

In a world, where the strongest survives, it will work. But this is a rather general method

of dealing with things. There is a much more effective way – the elimination of any idea of potential punishment from your subconscious. The following example illustrates what I mean. In the former Soviet Union, political prisoners were intentionally jailed with common criminals, to break their spirits. But what happened was that many of the political prisoners, all being remarkable individuals, did not become victims of the har-assment and persecution, and not only that, but they also earned respect and authority among the criminals. The thing is that individual independence and dignity are valued more than strength. Many people have physical strength, but to possess individual strength of character is a rare phenomenon.

The key to one’s personal dignity lies in the absence of any feelings of guilt. Genuine individual strength does not lie in the ability to grab someone by the throat, but in the extent

to which a person can allow himself to be free from the feeling of guilt.

Anton Pavlovich Chekhov, the renowned Russian writer once said: “Drop by drop I am squeezing the slave out of me.” This phrase highlights an ambition to get rid of any feeling of guilt. To get rid of means to fight it.

However, in Transurfing, there is no place for struggle or forcing yourself to do something. The other way is more prefer-able: *to say no.* That is, *to choose.* You don’t have to squeeze the feeling of guilt out of yourself. It’s enough to simply live in accordance with your own credo. *No one has the right to judge you. You have the right to be yourself.* If you allow yourself to be you, the need to justify yourself will no longer be relevant and the fear

of being punished will fade away. This is when a truly remarkable thing will happen: no one will ever again dare to offend you. Moreover, it will still be valid regardless of your location – in prison,

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in the army, in a gang, at work, on the street, in a bar or wherever. You will never again end up in a situation where somebody will threaten you with violence. From time to time, others will be subjected to violence in one way or another, but you will not, because you've thrown out the feeling of guilt from your subconscious and hence, on the present life tracks, scripts for violence simply don't exist. That is the way it is.

Money

It's hard to love money without trying to possess it. Therefore, in this case it's practically impossible to avoid dependent relationships.

We can only try to keep them to a minimum.

Be happy if you have money. But don't ever be killing yourself over not having enough money or over spending it, otherwise you will have less and less of it. If a person doesn't earn much money, then his typical

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mistake will be moaning about how there is never enough money. The parameters of such a radiation correspond to financially poor life tracks.

It is especially dangerous to give in to the anxiety that you have less and less money.

Fear appears to be one of the most energetic-ally rich emotions. Thus, by experiencing fear of losing money or being afraid of not earning enough, you will be most effectively transferred to a track where there actually will be less and less money for you. If you have fallen into this trap, it's won't be easy to get out, but it's possible. So, in order to escape the "money trap" it's necessary to eliminate the cause of the excess potential, which you have

created yourself. And what causes this excess potential is usually an extreme desire to have money or to be dependent on it.

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For starters, accept what you have and be satisfied with it. Remember that it could always be a lot worse. You don't have to reject the desire to have money. You just have to accept the fact that money is not flowing to you like a river for the moment being. Approach it as a player, who can at any moment become incredibly rich or lose everything he has.

Many pendulums use money as a universal means for paying off their adherents. It is the activity of pendulums that has specifically led to the widespread money fetish. Money helps us to have a good life in the material world. Almost everything can be bought and sold. All pendulums pay with money – no matter which one you pick. But there is a hidden threat here. Having bitten the falsely glittering bait, you could very easily make a turn onto the life tracks that are located far away from your happiness.

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Pursuing their own interests, pendulums have created the myth that in order to get anything you need to have means. In this way, the aim of each individual person is replaced with an artificial substitute – money.

The person can get money from different pendulums, thus he is not thinking about his own aim, but about money and thus, he falls under the influence of a pendulum that is alien to him. The man no longer understands what he personally wants from his life, and instead he joins the useless race for money.

It is very profitable for the pendulums when things work this way, but man becomes dependent on money and pendulums, and thus loses his way. Working for an alien pendulum, he will never get much money because he is serving somebody else's goal. Many people find themselves in a situation like that. Hence, the myth that wealth is a privilege of the few. But in fact, any person could

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get rich, as long as he is pursuing his own goal.

Money is not the goal and it is not even a means for reaching the goal. It is only an accompanying attribute. The goal is what a person wants out of life. Here are a few examples. To live in one's own house and grow roses; to travel around the world, to see faraway places; to catch trout in Alaska; to go skiing in the Alps; to raise horses at one's own farm; to enjoy life on one's own island out in the ocean; to become a movie star or an artist.

It's obvious that certain goals can be achieved only if you have a bag of money. So the majority of people do exactly that – they are trying to get this bag. They think about money, leaving the goal itself in the background. According to the principles of Transurfing, they are trying to get to a life track where the bag of money awaits them.

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But, working for somebody else's pendulum, it's very hard to get the bag of money or rather, it is impossible. So what happens is that you won't get any money nor will you reach your own goal. It can never be in any other way, because your thought energy is directed at an artificial replacement and not at your true goal.

If you believe that your goal can only be achieved if you are rich – send that requirement to hell. Let's suppose you want to travel around the world. It's obvious that in order to do that you need a lot of money. To get what you want you need to think about the goal itself and not about money. Money will come by itself, because it is a complementary attribute. It's that simple. It sounds impossible, doesn't it? However, that is the case and soon you will see that for yourself. Pendulums, pursuing their own benefit, turned everything upside down. It's not the goal that is achieved with the help of money, but it is

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money that will come to you on your way to your goal.

You know now how strong the influence of a pendulum can be. This influence gave birth to a whole heap of deceiving facts and myths.

And even now, reading these lines, you could object: but it is obvious that first a man has to become a major industrialist, or a banker, or a movie star, and only then can he become a millionaire. Exactly! However, only those people became millionaires, who did not have wealth on their mind, but their goal.

Most people act in a completely opposite way: they either serve somebody else's goal, or they replace their goal with an artificial substitute, or they reject their goal completely because they simply don't have the money and thus do not fulfill the condition of being wealthy.

In reality, there are no limitations to wealth and riches. You could want absolutely

anything. If it is truly yours, you will get it. If, on the other hand, the goal of having something has been imposed on you by a pendulum, you will get nothing. We'll look more closely at goals later.7 I'm getting a little ahead of myself here, as otherwise it wouldn't make sense, because there is practically nothing more I could say about money. Again, I repeat that money is nothing but a complementary attribute on the way to your goal. Don't worry about the money. It will come to you automatically. The main thing now is to lower the importance of your capital to a minimum, so that no excess potential will be created. Don't think about the money – think only about what you want to get.

At the same time, you should not ignore money but instead you should treat it carefully. If you see a minor coin on the street and you are too lazy to pick it up, then you don't value money at all. The money

pendulum will probably not be very predisposed towards you, if you treat its attributes carelessly.

You don’t have to worry when you are spending money. The money is fulfilling its mission when you are buying something. If you have made the decision to spend some money, don’t regret it later. Striving to save up a tidy sum of money and spend as little as possible will only produce a strong potential: the money is accumulating in one place and doesn’t go anywhere. In that case, it’s very likely that you will lose everything. Money should be spent sensibly, so that there is some movement in the energy field. In a place where there is no movement, a potential will appear. It is not a coincidence that wealthy people get involved in the work of charitable organizations. That is how they go about reducing the excess potential from their accumulated wealth.

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Perfection

So, let’s finally look at the most ambiguous and paradoxical case of disrupted balance.

Everything starts small, but can end up with the heaviest of consequences. Usually, ever since childhood we were taught to do everything thoroughly, carefully, doing our best. As children, we are taught to be responsible but we are also taught what is good and right and what is bad and wrong.

Without a doubt, this is the way it should be

– otherwise there would be an entire army of slobs and slackers. But all of these notions that were fostered in us since we were children are so deeply rooted in the hearts of the most zealous pendulum adherents, that they make these notions a part of their persona.

Striving for perfection in everything can become an obsession to some people. Their life is a constant struggle. Guess what they are

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struggling with? The balancing forces, of course. Having the aim for everything everywhere to be perfect creates certain complica-tions on the

energy level. And this is because the evaluations those people make are displaced and hence, excess potential is created.

There is nothing bad about always trying to do your best in everything. But if you make it overly important, then the balancing forces will be right there. They will simply ruin everything. In addition, this will create a backward loop and you will get more and more obsessed with perfection. You want perfection, but get the opposite, so you'll desperately try to fix everything, but then everything will get even worse. In the end, striving for perfection turns into a habit, and it could also develop into a mania. The life of a perfectionist would turn into a constant struggle, and this would automatically poison the life of those around him, because a perfectionist is not only demanding of

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himself, but also of others. This is evident in his intolerance for the habits and tastes of others, which is often the cause of small conflicts that sometimes turn into big ones.

If you were not involved in the situation yourself, you would probably appreciate the whole absurdity of someone trying to be perfect in everything, terrorizing everyone around him. However, the perfectionist has grown so much into his role that he starts thinking that he is the one without sin, flawless and right in everything he does. In a sense, he is telling the rest of the world "In my striving to be a role model, I am a role model already." The perfectionist might not even admit to it, because he knows that a sense of one's own excellence doesn't sit well with the generally accepted idea of perfection. However, "the feeling of being right about everything" is rooted very deeply in the subconscious of such a perfectionist.

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At this point, the perfectionist is dangerously close to the temptation of appearing before humanity as the supreme judge, deciding how and what all the other lost souls should be doing. Of course, the perfectionist will easily give in to this temptation. After all, the feeling that he is always right would

justify his actions, while his righteous desire to set everybody on the right path would give him enough motivation to embark on his crusade.

From this moment on, “the destiny maker”, having wrapped himself in a mantle, gives himself the right to judge and condemn other people. In reality, such a trial, of course, doesn’t go beyond common preaching and accusation making. However, on the energy level, the most powerful excess potential takes form. “The judge” takes on a mission, deciding how these foolish, useless beings should behave themselves, what they should be thinking, what they should value, what they should believe in and what they should

strive for. If some puny creature suddenly decides that he has his own opinion on the subject, then he needs to be put back in his place, and if he shows any resistance – then he has to be put on trial, sentenced and labeled, so that everyone will know who is who.

I’m confident that your portrait, dear Reader, is very far from the one drawn of the idealist here. This book wouldn’t fall into the hands of a fool, who is convinced that he is always right. He knows already how everyone should live his or her life, so in this respect he never doubts. However, if you meet a person like that, have a closer look at this specimen. It may be rather interesting, as before you will be a case of the grossest disturbance of balance. We are all guests in this world, everybody is free to choose their own path, but no one has the right to judge others, to sentence them or to put labels on them (we’ll leave aside criminal law).

That’s the way it is. Everything seemed so in-nocent in the beginning, a simple strive for perfection, but it ends with someone claiming privileges of a master. Therefore, even the resistance of the balancing forces, that earlier manifested themselves in the shape of minor problems, will grow stronger. If the disturber of balance is under the protection of a pendulum, then for the time being, he could get away with his perfectionism. But eventually the time will come to pay the bills.

When a guest forgets that he is only a guest, and pretends to be the host, he can be thrown out.

Importance

Finally, let's look at the most common type of excess potential – importance. This potential arises when excessive importance is attributed to something. Importance represents an excess potential in its purest form.

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Eliminating this potential, the balancing forces make up problems for the person who created this potential.

Two forms of importance exist – *inner* and *outer*. Your inner or individual importance can be the overestimation of your virtues or flaws. The formula of inner importance goes along the lines of: "I am an important person" or "I do important work". When the arrow of importance of your persona goes off the scale, the balancing forces get to work, and the "big cheese" gets a flick on the nose.

He who "does important work" will also be disappointed – either his work won't be needed at all, or it will be very poorly done.

But puffing up and having your nose in the air is only one side of the coin. There is another side to it – belittling your own virtues and self-humiliation. What this all leads to, you already know. As you can see, the amount of the excess potential is the same in

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both cases, the only thing different is its direction – positive or negative.

Someone, who attributes great importance to an object or an event in the world, is also artificially creating outer importance. The formula of outer importance goes something like this: "To me, such-and-such is of great importance" or "It is very important to me to do this and that". An excess potential is thus created and everything will be ruined. If you are still able

to somehow curb your feelings of inner importance, then the deal with external significance is much worse. Imagine that you have to walk on a log that is on the ground. There is probably nothing easier.

But now, you have to walk on that same log, only this time it is placed between the roofs of two skyscrapers. The position of the log is now of great importance to you, and you can't convince yourself of the opposite. The only way of eliminating outer importance in this case would be some kind of insurance

(for example, a parachute when you are walking on the log). In each individual case, the insurance will be different. The main thing is not to put everything on one side of the scale. There must be some kind of counterweight, some protection. In other words, an escape route or plan B.

I don't have anything more to say about this.

Basically, everything there was to say about importance has already been said. Have you figured it out? Everything we've talked about in this chapter is a variation on the subject of importance, inner or outer. All imbalanced feelings or reactions – indignation, discontent, irritation, anxiety, worry, depression, panic, despair, fear, pity, attachment, admiration, exaggerated affection, idealization, worship, glee, disappointment, pride, arrog-ance, contempt, disgust, resentment and so on – these are nothing but a manifestation of importance in one form or another. An excess potential is created only when you

attribute excessive importance to a quality, object or event – either inside yourself or in the external world.

Importance creates an excess potential by summoning the wind of balancing forces. In their turn, they create many problems, and life is transformed into one single struggle for existence. Now you can judge for

yourself to what extent inner and outer importance is complicating your life.

But this is not all. Remember the *puppet strings*? Pendulums hang onto your feelings and reactions: fear, anxiety, hatred, love, worship, call of duty, guilt and others. As you see, all these things are the consequences of excessive importance. The following scenario describes what is literally taking place. Say there is a certain object in front of you. On the energy level, it's neutral: neither good nor bad. You approached the object, you put it in your *box of importance*, and then you

stepped aside, looked at it – and gasped.

Now you are ready to give away your energy to the pendulum, because now you have something to hook on to. A little donkey will obediently drag himself along, following the carrot. Importance represents that very same carrot. A pendulum will use this carrot to capture the frequency of your radiation, to suck your energy out of you, and get you wherever it wants.

Hence, in order to be in harmony with the rest of the world and to relieve yourself of pendulums, it's necessary to *reduce any excessive importance.* You always have to keep watch over how much importance you attribute to yourself or to the world around you.

Your inner Overseer shouldn't be sleeping.

Having reduced the importance, you will immediately enter the state of balance and pendulums won't be able to establish any control over you – after all, you can't hook on to emptiness. You could object: so what are you

saying, we should all just become lifeless statues? I'm not in any way urging you to refuse all kinds of emotions or even to reduce their intensity. Overall, it is useless and not even necessary to fight emotions. If you are always trying to keep yourself together and stay calm on the outside, while

your inner world is boiling over, the excess potential will grow bigger. Emotions stem from attitudes, therefore you should change your *attitude* in the first place . Feelings and emotions are nothing but consequences. They are caused by one single thing – importance.

Suppose that someone in my family has been born, has died, or recently had a wedding or some other kind of important event. Is this important to me? No. Should I be indifferent to it? Again, no, I shouldn't. Do you see the difference? I just don't make a problem out of it and don't torture myself or the people around me. Well, and what about compassion? I think I am not mistaken if I say that

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compassion and helping those truly in need never hurt anyone. But even in the case of helping others you need to monitor your importance. I made a slip, when I said you could only help those who are truly in need.

What if a person really wants to suffer? He likes it this way, and your compassion is a means for him to get self-assurance on your behalf. Or, for example, you saw a poor cripple begging and you gave him some money. But as you were walking away he gave you an evil smirk – he's not a cripple at all but a professional beggar.

In the animal world, in the world of plants as well as in nature in general, there is no such thing as importance. There is only expediency, from the point of view of the balancing forces. Pets are probably the only ones that could experience a sense of their own importance. Yes, it appears that they too can be influenced by society. Other animals are only guided by their instincts in anything they do.

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Importance is a human invention that is of a great pleasure to pendulums. Strong deviations in outer importance make fanatics.

And what do you think deviations in inner importance make? They make petty tyrants.

You could get the impression that with things being this way, one would be too scared to do anything. Fortunately, it is not all that bad. The balancing forces will start making serious changes in your life only if you are really attached to your ideas of how things should be, if you are obsessed and have really gone too far. The situation with the pendulums is also clear. We are all under their influence. The main thing is to realize how they are getting hold of you and how far you will let them take you.

Reducing importance doesn't just significantly decrease the number of problems in your life. Having refused internal and outer importance, you will obtain such a treasure

as the *freedom of choice. "* What are you talking about?" you ask, "According to the primary principle of Transurfing we already have the right to choose." Well, you do have it, but you are unable to use it. The balancing forces and pendulums are in the way. Because of excessive importance, our entire lives are spent in a struggle with balancing forces. There's simply not enough energy left for the actual choice, let alone for thinking about what you personally want from life.

Meanwhile, the pendulums are constantly trying to establish control over us and impose someone else's goals on us. Where is the freedom in that?

Any form of importance, either inner or outer, is simply made up. None of us is of any importance in this world. But at the same time, we have access to all of the riches in the world. Imagine how the children, when they are on the beach, are splashing, playing and having lots of fun in the water. Suppose that

none of them imagines himself to be either good or bad, that the water is good or bad, that the other children are good or bad. As long as the situation remains this way, the children are happy – they're in harmony with nature. Similarly, any person has come into this world as a child of nature. If he doesn't disturb the balance, he can have the best there is. But as soon as he

starts making up importance, problems will appear immediately. He does not see the causal link between his importance and his problems.

Thus, it seems to him that the world is basically a hostile environment, where it's not that easy to get what you want. In fact, *artificially created importance is the single obstacle on the path to fulfillment of your desires.* It's possible that I haven't convinced you of this yet. However, I am far from running out of arguments.

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From Struggle to Balance Is there any way of resisting the balancing forces? That's exactly what we are doing every day. Our entire life is a struggle with balancing forces. All difficulties, nuisances and problems are connected to the actions of the balancing forces. In any case, trying to resist the balancing forces is meaningless, as they will continue doing their thing no matter what. Efforts aimed at removing consequences won't do any good. On the contrary, the situation will only get worse. The only remedy against the balancing forces is to eliminate the reason for their actions –

namely, reducing the excess potential of importance. Life situations are so different from one another that it's impossible to give a universal solution to all problems. At this point, I can only give some general recommendations.

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The only thing everyone is busy doing is building a wall on the foundation of his importance, and then trying to climb over it or get through it by beating his head against the wall. Instead of overcoming obstacles, wouldn't it be better to take a brick out of the foundation, collapsing the wall? All of us can clearly see the obstacles on our way. But to see what foundation they are all built upon is often not easy at all. If you've encountered a problematic situation, try to determine where you've gone too far, what you became attached to and to what you attributed excessive significance. Identify any excessive importance, and then reject it. The wall will come crashing down, the obstacle will be eliminated and the problem will be solved without your help. *Don't overcome obstacles*

– start reducing importance instead.

Reducing importance doesn't mean fighting your feelings and trying to suppress them.

Excessive emotions and feelings are the

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consequences of importance. You should eliminate the cause, which is your attitude to a certain event or object. I could advise you to take as philosophical an approach to life as possible, although this appeal is probably already worn out. It's necessary to realize that importance won't bring you anything but trouble. And once you've done that, intentionally reduce any importance.

Reducing outer importance doesn't have anything to do with negligence or underestimation. On the contrary, neglect is importance with a minus sign. You need to have a simpler attitude towards life. Don't be careless, but don't be exaggerating either. Don't think so much about whether people are good or bad. Accept the world in its everyday form.

Reducing inner importance doesn't have anything to do with resignation or self-humiliation. To repent one's mistakes and sins is

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the same as showing off one's virtues and accomplishments. The difference between the two is only the sign – plus or minus. Your remorse is only useful to the pendulums that want to establish control over you. Accept yourself as you are. Allow yourself the luxury of being you. Do not exalt and do not belittle your virtues and flaws. Strive toward inner peace – you are not important nor are you worthless.

If your situation very strongly depends on some kind of event, find an alternative solution. In order to stay calm when you are walking on the log, you have to find insurance. In each individual case, the insurance will be something different. Simply ask yourself the question, what could serve as

insurance in the present situation. Remember, it is useless to struggle with balancing forces.

You can't suppress fear or excitement. You can only reduce the importance. And this can only be done if you have insurance or a plan

B. Never put all your eggs in one basket, no matter how safe the basket looks!

The only thing that doesn't create any excess potential is a sense of humor, being able to laugh at yourself and at others, without offending either you or them. This thing alone is enough to prevent you from turning into a dummy without feelings. Humor is the same as denying importance, in other words, it is a caricature of importance.

It is necessary to follow one golden rule, when you are solving problems. Before you actually start solving problems, you would need to reduce their importance. Then the balancing forces will not bother you and the problem can be solved quickly and easily.

In order to reduce importance, it's necessary to first *remember* and realize that the problem is present as a consequence of excessive importance. Until you explain to yourself, as

in a dream, that every single problem is created because of excessive importance, and will continue burying yourself in this problem, you will be completely in the grip of the pendulum. Stop, shake off the delusions and recall what it means to attribute excessive importance. Then intentionally change your attitude to the object in question. That will not be a difficult thing to do. You already know that excessive significance is only in your way. The main difficulty is to *remember* in time that you are wallowing in inner and outer importance. To help you remember, you will need to activate your Overseer, your inner observer that will always keep track of all of your inner values.

A man's thoughts are captured by importance in exactly the same way as muscles in-voluntarily get strained. For example, when something is bothering you, the muscles of your back and shoulders are in a tight spasm.

You don't notice this tension until you start

feeling the pain that is associated with it. But if you would have *remembered* in time and paid attention to your muscles, you could have released this tension.

Catch yourself at attributing excess importance each time you are getting ready for some event. If whatever it is you are about to do is really important to you, don't blow it up even further. The best recipe for success is –

spontaneity, improvisation and a light attitude. If you are preparing for something then do it only as insurance. You should definitely not be "preparing seriously and carefully" –

this will only boost the importance. If you are worrying about something without actually doing anything about it, then you are further boosting importance. *The potential of importance evaporates with action.* Don't think…..act! If you can't act, then don't think.

Direct your attention to something else and let go of the situation.

You'll be most effective in everything you do if you take the focus of attention *off yourself* as the person executing the action and *off the end goal*, and move this focus *onto the process* of performing the action. In this case "I am not doing important work" and "the work is not important". Thus, the excess potential is eliminated and the balancing forces will not interfere. The action is completed without any zeal, but in no way carelessly or light-heartedly. You might be having doubts: why do I need to take the focus of

attention off the end goal? How can you do any work, if you are not thinking about the end goal?

You will understand the meaning of this not very obvious fact more clearly, having read the upcoming chapters of this book.8

Why does it sometimes happen that you are very worried about an event, you fear it, you constantly think about it and imagine all kinds of difficulties and problems that could happen because of that event, but in the end,

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everything still turns out okay? And then we have the opposite situation, sometimes you don't care much about a future event, but as a result you get unforeseen trouble. In the first case, your evaluation of the event went off scale in a negative direction, while in the second – it went off scale in a positive direction. What you receive in the end is the accumulated action of the balancing forces. The forces have to balance the artificial excess potential that you have created and that is what they do.

Thus, it's possible to assume that if I intentionally picture the worst possible scenario of what might happen before an exam, then I am most likely to get the highest grade. It doesn't work that way, because your intention to "assume" the worst is artificial. Such intention is a product of the mind and not the soul. You can try fooling yourself. Nonetheless, it will only be a sham, as it won't have any energy basis. Only the *intention*

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coming from your soul can have an energy basis. This is exactly why you can't achieve the desired result by simply visualizing it.

But this is a topic of a later discussion.

Never ever, under any circumstances, boast with what you have, even if you've earned it fair and square. And you definitely should not brag about what you haven't achieved yet. This is extremely unprofitable, because in this case the balancing forces will always act against you.

Make yourself at home, but don’t forget that you are a guest.9 If you are in harmony with the surrounding pendulums, that is, you are swinging with them in unison, then your life will pass with ease and pleasure. You are now in a kind of resonance with the world -

you get energy from it and achieve your goal without further effort.

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If you’ve got yourself in a situation where it’s practically impossible to live in balance with the world around you (for example, your husband is beating you), then you ought to think about how to take that crucial step and change your surroundings to something different. Maybe you feel that you have nowhere to go? If so, you’ve got that idea from a pendulum that is trying to entrance you, so it can continue to keep you under its control, sucking your energy. There is always a way out, and not only one. Remember the fly on the glass that didn’t see the open window? Just avoid any abrupt actions that have not been carefully thought through. The perfect solution will come to you, as soon as you reduce excessive importance and free yourself from the influence of the destructive pendulum that is bothering you. You are now familiar with the ways of freeing yourself from a pendulum – make it fall through or extinguish it.

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On that note, I am concluding the large and complicated topic of balance. Now that you understand the mechanism behind the actions of the balancing forces, you can easily determine the reason behind any problem or failure. We’ve come to the conclusion that it’s necessary to observe the principle of balance in everything you do. Now I have to warn you of following this principle all too vigorously. If you become attached to it or try to pursue it fanatically, then by doing so you will disturb this very principle. If we explain to a centipede, in every detail how it should walk, it will end up so confused that it won’t be able to move at all. Everything in moderation; allow yourself to disturb the balance sometimes. Nothing awful will happen. The main thing is to keep the arrow of importance from going off the scale.

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Summary

An excess potential is created only if significance is attributed to an evaluation.

Only importance that is specifically yours will provide your evaluation with your energy.

The magnitude of a potential will grow if an evaluation is distorting reality.

The action of balancing forces is directed at eliminating excess potential.

The action of balancing forces is often the opposite of the intention that created the potential.

When giving yourself out for rent, activate your inner Overseer to look after you, so that you do everything impeccably.

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Discontent and condemnation will always turn the balancing forces against you.

It is necessary to replace the habitual negative reactions with a positive transmission.

Unconditional love is admiration without the right to possess or worship.

Setting terms and comparison produces dependent relationships.

Dependent

relationships

create

excess

potential.

Idealization and overestimation always end in debunking the myth.

In order for your love to be reciprocated, it's necessary

to

abandon

the

right

of

possession.

One will definitely have to pay for contempt and vanity.

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Free yourself from the need to confirm your superiority.

Striving to hide one's flaws creates the opposite effect.

Any inferiority is compensated for by your virtues.

The higher the importance of the goal, the less likely it is that you will reach it.

Desires that are free from the potentials of importance and potentials of dependence will be fulfilled.

Say no to any feeling of guilt and to the need to justify yourself.

In order refuse the feeling of guilt, it is enough to allow yourself to be you.

No one has the right to judge you. You have the right to be yourself.

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Money comes on its own, as an accompany-ing attribute on the way to your goal.

Greet money with love and attention, and part with it without regret or worry.

Having said no to inner and outer importance, you get the freedom of choice.

Importance is the only obstacle on the path to fulfilling your desire.

Do not overcome obstacles – reduce their importance.

Care without worrying.

CHAPTER V

AN INDUCED

TRANSITION

Why does every new generation think life was better before? How many generations have already passed since the beginning of history! And each generation is convinced that the world has become worse than before. Does the world have a tendency to degenerate? But if that really was the case, then a few dozen generations would have been enough for our civilization to end up in pure hell. What is going on here?

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Don't let any negative information get to you.

The Shift of Generations In all times, people have been thinking:

"Those were the good old days!" As a person gets older, life seems to him worse and worse. He is remembering when he was younger, when colors were rich, impressions were bright and vivid, dreams were attain-able, the

music was better, the climate was more favorable, people were more approach-able, even the hot dogs were tastier back then, and not to mention how much better one's health was. Life was full of hope, and brought joy and satisfaction. Now, after so many years, the same events do not make the man as happy as before. For example, a picnic, a party, a concert, going to the movies, a celebration, a date or a holiday by the sea – if we look at it objectively, everything has more

or less the same quality. The party is fun, movies are interesting and the sea is warm.

But nonetheless – something is missing. The colors have faded, experiences have become dull and the interest has simply died out.

So how come everything was so great back in our youth? Can it really be the case that our perceptions get duller as we grow older? But a man doesn't lose the ability to laugh or to cry, to perceive tastes and colors, to distinguish truth from deception, to tell the difference between good and bad just because he is getting older. Or is the world really going down the drain? Actually, the world on its own is not degrading nor is it getting worse.

It gets worse only for each individual person.

Running in parallel with the negative life track the person is on now, there are life tracks which he left at some point in his life, and where everything is fine, just like it was in the good old days. By expressing dissatisfaction, the man tunes himself into life tracks

that are actually worse. And in that case, he is really being drawn into them.

According to the principle of Transurfing, the space of variations has *everything for everybody.* For example, there is a sector, where for a given individual the colors of life have completely faded, while for others life

remains as it was. A man, radiating negative thought energy, enters a sector where the decorations of his space have changed. At the same time, the world remains the same to everybody else. And we don't even have to go too far, looking at radical cases where a man became an invalid, lost his home, lost his loved ones or became an alcoholic and ruined his life. In the flow of life, this man is sliding, slowly but surely, on the track where all the colors of his surrounding decorations are fading. That is when he starts remembering how vivid and fresh everything was long time ago.

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When you are born and later when growing up, you accept the world as it is. A child simply doesn't know whether things could get worse or better. Young people are not picky and haven't been spoiled yet. They are simply discovering this world for themselves and take joy in life, because they have more hopes than complaints. They believe that everything here and now is not too shabby, and will get even better. But then there are misfortunes and failures, a man begins to understand that not all his dreams will come true, that other people are better off and that he has to fight for his place under the sun. As time goes by, the man has more complaints than hopes. Discontent and whining become the moving forces, pushing the man towards unsuccessful life tracks. If one were to express it in Transurfing terms, the man is radiating negative energy, which is transferring him onto the life tracks that correspond to these negative parameters.

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The worse you think of the world, the worse it will get. In childhood, nobody was particularly contemplating whether one's childhood was good or not. As children, we took everything for granted. You had only started to discover the world and had not yet begun abusing it with your criticism. The greatest resentment you felt was in the direction of your relatives that, for example, didn't buy you a toy. But then you really started to resent the world around you. The world satisfied you less and less. And the more you were complaining about it, the worse the results were. Everyone who has experienced youth and lived to maturity knows that a lot of things were better before.

So it's a harmful paradox: you are confronted with annoying circumstances, you express your discontent, and as a result, the situation gets even worse. Your discontent comes back to you three-fold, as a boomerang. Firstly, the excess potential of your discontent turns

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the balancing forces against you. Secondly, your discontent serves as a channel through which a pendulum is able to pump your energy. And thirdly, when radiating negative energy, you are moving to corresponding life tracks. That is, to negative life tracks.

The habit of reacting negatively is so deep-seated in us that people have lost their advantage over the lower living creatures in-habiting this planet. That advantage is consciousness. An oyster would react negatively to an external irritant as well. But, unlike the oyster, a man is able to consciously and intentionally manipulate his relationship to the external world. Nevertheless, he doesn't make use of this advantage and instead responds to the slightest inconvenience with aggression. He mistakenly interprets his aggression to be his strength, while in fact he is simply helplessly quivering in the pendulums' spider web.

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You believe that life has gotten worse.

However, those who are young now think that life is wonderful. How come? Maybe, because they don't know how good it was when you were their age? But back then there were also people who were older than you, who were complaining and remembering the good old days, just as you do now. The reason is not just the ability of a man's psyche to erase all bad memories and leave only the good ones. After all, your discontent is aimed at the present, because the present is supposedly worse than the past.

It appears that, if one were to accept the fact that life is getting worse and worse with each year, the world should have simply fallen apart a long time ago. How many generations have already passed since the beginning of human history? And everybody believes that the world has gotten worse!

For example, any old man would tell you with absolute certainty that Coca-Cola was better

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before. However, Coca-Cola was invented in 1886. Imagine how awful it must be now!

Maybe the ability to taste gets duller with age? That is hardly the case. After all, the old man considers any other quality to be worse now, like the quality of furniture or clothes.

If the world was one and the same for everybody, then after the passing of several tens of generations, it would simply have turned in-to a living hell. How should we understand this paradoxical statement that *the world is not the same for everybody?* We all live in one and the same world of material manifestations of variations. But the world's variations are different for everybody. On the surface, you can see clear differences in destinies: the rich, the poor, the successful, the unsuccessful, the happy and the unhappy.

They all live in one world, but it is different for each and one of them. This is seems obvious, just as it is obvious that there are wealthy and poor neighborhoods.

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However, not only do the scripts of destinies and roles differ, but the individual decorations do that too. This difference in decorations is not as obvious. One man looks out on the world from the window of his luxurious automobile, while another from a garbage can. One is having fun at a party, while another is troubled with his own problems at the same party. One sees a cheerful group of young people, while another sees a wild gang of troublemakers. Everybody is looking at the same thing, but the pictures are as different as a movie in color and a black-and-white film. *Every person is tuned to his sector in the space of variations, thus everyone is living in their own world. All of these worlds are placed on top of each other, in layers, forming what we understand to be the space we live in.*

This may be hard for you to understand. It's impossible to separate one layer from another. Each person forms his own reality with

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his own thoughts, and at the same time this reality intersects and interacts with the surrounding world.

Imagine Earth without a single living creature. Winds blow, rain falls, volcanoes erupt, rivers flow – the world is there and it exists. Then suddenly a man is born and he starts observing all of this. The energy of his thoughts produce a material manifestation in a certain sector in the space of variations –

creating the life of this given man in this given world. His life represents a new *layer* of this world. Another man is born – yet another layer appears. A man dies – a layer disappears, or maybe he is transformed in accordance with what happens there, beyond the threshold of death.

Humankind is vaguely aware of the fact that there are other living creatures, which supposedly live in parallel worlds of some kind.

But let's suppose for a minute that there are

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no living creatures in the world whatsoever, at least yet. Then what kind of energy gave birth to the material manifestation of space (that is creating things and phenomena in the world), where there is not a single living creature to radiate any thought energy and thus make the material manifestation of a certain sector happen? We can only guess what energy was responsible for the creation of the world before man or any living creature was born. And perhaps, once the last living creature dies, then the world itself will disappear? Who can prove that the world exists, if there is nobody in it? For if there is no one around who can say that the world (in our understanding) exists, then there is no world to speak of.

Well, that's enough for now – let's not get bogged down with this any further. We'll leave it at that. Don't forget that Transurfing is only one of many models. *All* the theories people have about the surrounding world

and the life in it are nothing but models.

Keep the notion of importance in mind and don't make up any external importance for the model of Transurfing. Otherwise, you could become an apologist of useless ideas and try to show everyone that your particular subjective world-view is the truth and essence. Truth is an abstraction. We can only get to know certain laws and manifestations of truth. Our goal is only this - *how to make practical use* of our model.

Let's return to the worlds of generations.

Each person throughout his life is moving from one sector of the space of variations to another and in so doing transforms the layer of his world. Due to the fact that he is more readily expressing discontent and is radiating larger quantities of negative than positive energy, there is a tendency for the quality of life to get worse. A man could acquire material prosperity with age, but he won't be any happier because of that. The colors of his

decorations fade, and life is less and less enjoyable. A representative of the older generation and a youngster both drink the same Coca-Cola, both swim in the same ocean, ski on the same mountain slopes – everything is pretty much the same as it was many years before. However, the older man is convinced that everything was better before, while the youngster thinks that everything is just great now. And when the youngster will grow old, the story will repeat itself again.

There are deviations from this tendency, both for better and for worse. It happens that a man only starts to develop a taste for life as he gets older, and it can also happen that an entirely successful young man starts rolling downhill, hitting rock bottom. But generations, overall, agree on the fact

that life is getting worse the older you get. This is how a shift in layers of generations takes place.

This means that the layer of the older generation is moving to the worse side, while the

layer of youth is lagging behind, but it is basically moving in the same direction. This shift takes place gradually, each time starting from an optimistic point of view. This is exactly why the world as a whole does not ever turn into hell. Everyone has their own layer, which they have chosen themselves. Humankind does have the possibility to choose a layer for itself and that is what it does. It is already somewhat clearer to you how human being could go about choosing a harmful layer for themselves.

In previous chapters, we have talked about how to avoid creating hell in your layer. But how do you return to the world that was before, to the tracks where life was full of colors and hopes, just like it was in your childhood and youth? This can also be done with the help of Transurfing. But for starters, we must figure out how we have gone from the tracks so successful and full of hope, to the tracks

where someone could ask us, “Well, and how in the world did you end up like this?”

The

Funnel

of

the

Pendulum

The psyche of a man works in the following way – it reacts more to negative irritants.

These could be undesired information, hostile actions, danger or simply negative energy. Of course, positive influences can also stir up strong emotions. But fear and rage by far excel joy and happiness in strength. The reason for this inequality comes from ancient times, when fear and rage were the crucial factors for survival. What is useful about joy in a context like that? It won't help to defend oneself nor will it help to avoid danger or to get food. And then, of course, life was filled with burdens and hardship throughout the entire history of man, and brought more

grief and fear than joy and happiness. This was the origin of man's tendency to more easily yield to gloomy thoughts and depression, while joy and happiness vanishes rather quickly. Have you ever heard, for example, of a normal person suffering from too much joy? However, people suffer from stress and depression quite often.

Pendulums and, in particular, the mass media, actively make use of these peculiar features of human perception. You rarely hear anything good in the news. Usually, in a news program, it works something like this: you get hold of a negative fact, you follow up on the story with extra coverage, new details emerge, and everything is thoroughly savored and dramatized in a number of ways.

By the very same principle, we are presented with other news: catastrophes, natural disasters, terrorist acts, armed conflicts and so

on. Notice the pattern at work here. Events develop in a spirallike manner: in the beginning there is the plot, then the story is un-raveled, exposing further details, the tension is rising, then there is a culmination, emotions are already flaring to their maximum, and finally, the story comes to a conclusion –

all of the energy is dissolved into space, and a temporary calm descends upon the view-ers. Remember how the waves beat against the shore. The endless numbers of TV series are made by the very same principle. From an objective point of view, there is nothing special about them, all the “drama” is literally created out of thin air. Nevertheless, all you have to do is watch two or three episodes….and you’re hooked. Why? After all, nothing particularly interesting ever happens in these soap operas. But you’re hooked because the frequency of thought radiation is caught by the pendulum of the TV series, and

your attention is becomes fixed on a given sector.

Let’s look at the mechanism that is responsible for the unwinding of the above-mentioned spiral. At the beginning, a man is confronted with the fact that could theoretically upset him – or not. Let’s suppose that it’s a piece of news about a negative event that took place somewhere in another country.

This is the first push of the destructive pendulum. If the news somehow affects the person, he starts responding to the stimulus: he expresses his attitude to it, he lives through it. Meaning that in response, he is radiating energy of the same order and on the very same frequency as the first push of the pendulum. This person, just like many thousands of others, answered the pendulum with interest and participation. The radiation enters into resonance with the pendulum and thus, its energy has increased. The mass media continues its campaign. The man

follows further development of events with interest, so the pendulum once again receives nourishment. This is how the pendulum entices adherents into its own net and keeps pumping energy from them. People that were interested in this piece of news allow negative energy to get to them, and thus they get involved in the game, as observers for the time being.

At first glance, nothing extraordinary has happened, it’s an everyday matter. So what if a man gives a bit of his energy to feed a destructive pendulum? It

practically hasn't affected his health. However, in reality, radiating energy at the frequency of negative events, a man is moving to the life tracks where similar events will take place closer and closer to him. He takes part in the creation of the plot and finds himself in the action zone of the spiral, which is unwinding, spinning faster and faster, drawing him in, like a funnel. The interaction between the

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man and the pendulum becomes tighter and tighter, and the man already accepts the above mentioned event to be an unavoidable part of his life. His attention becomes selective and everywhere new facts about similar events in different countries start popping up. The man discusses this news with his close friends and relatives, and they react with interest and compassion. The energy of the pendulum is growing, while the man is getting closer, by the frequency of his radiation, to the tracks where he is no longer an observer, but a direct participant in the event.

Let's define that phenomenon of being drawn into the funnel as *an induced transition* to a life track where the adherent becomes a victim of the destructive pendulum.

The following process can be identified as an induced transition: you respond to the push of a destructive pendulum, the pendulum pushes back giving you a little energy from

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its swinging, and you get further and further involved, giving more and more energy to the pendulum. Consequently, an induced transition has been initiated, taking you to a life track that is by its frequency close to the swings of the pendulum. As a result, the negative event is included in the layer of this person's life.

Disaster

Many people, in one way or another, would agree that there is a theoretical possibility for them to be in a disaster10. But not all of them allow this

possibility to enter the layer of their world. There are people who don't watch TV series, who aren't interested in the news, who aren't bothered by every little event that happens somewhere and to someone. They live in their own layers and they are adherents of other pendulums. They don't worry when they hear that an airplane

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crashed somewhere in the world. They listen to the news about events like that, while calmly chewing away at their dinner. They have enough of their own problems.

People are more vulnerable to an induced transition if they are interested in disasters, if they get concerned and worry about disasters that happen elsewhere to other people. If the life of a man is not too packed with problems and worries, then he tries to fill this void by turning his attention to events in the layers of other people. Such a person regularly reads the tabloids or watches TV series, or is waiting for new information about catastrophes and natural disasters. The tabloids and TV series represent the activity of small and harmless pendulums. Adherence to them only makes up for deficiency of information, emotions and feelings. But getting interested in the destructive pendulums of catastrophes and natural

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disasters poses a real threat. They are strong and very aggressive.

If a man pays attention to events like that then the frequency of thought radiation is captured in the same way as in the case with TV series. Having expressed an interest in negative information, one will always get it in abundance. At the beginning, he accepts the harmless role of an observer. He is, as if sitting on the stands, watching a soccer game. He gets more and more captivated by the game until he becomes an active fan.

Then he runs onto the field and starts running after the ball but does not get it yet.

Gradually and unnoticeably, he is drawn further into the game and finally he will even get to kick the ball. The observer has been transformed into a player, and in this case, into a victim of disaster.

And how could it be otherwise? After all, disasters have become a part of the man's life,

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he let them into his layer himself and he unwillingly accepted the destiny of a victim.

Consequently, he materialized an unfortunate variation. Of course, he didn't want to be a victim, but that's not important. Once a man accepts the game of the pendulum, the roles are defined by the pendulum and not by the man. Therefore, if for many other people the given disaster is only a fatal coincidence, then to our victim it is a natural and logical end. The probability of our hero being in the wrong place at the wrong time is already higher than average.

If you ignore the shoves of destructive pendulums, then you will never find yourself in the middle of a disaster. Let's put it this way, the probability of you being in a disaster will be close to zero. You could object: but why do thousands of people die in catastrophes or natural disasters? Does this mean that they are all thinking about catastrophes at the same time? The thing is that you are not

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the only one living in this world. You are surrounded by lots and lots of people, who are actively working on destructive pendulums and emanate energy in the range of these pendulums. No one can completely isolate himself from this radiation. The field of radiation captures you and you start emanating energy on the same frequencies, without even being aware of it yourself. This behavior stems from ancient times, when herd instinct and group dynamics helped individuals avoid danger. That is exactly why the energy field of induced transition grows, reaching a snowballing effect, and draws you in, as into a funnel.

The objective is to be as far away as possible from the center of the funnel. This means –

don’t let information about catastrophes and disasters get to you, do not become interested in them, do not live through them emo-tionally, as if they have happened to you, do not

discuss

them.

Basically,

let

any

information concerning disasters pass you by. Note the difference: don’t avoid information just don’t let it get to you. As you know from the previous chapters, avoiding any encounters with a pendulum is the same thing as to look for encounters with it. When you are against something, or you really don’t want it, or express aversion to it, you are actively emanating energy on the frequency of what you want to avoid. Not letting something get to you means to ignore it, not to react to any negative information on the subject. Just shift your attention to harmless television programs and books.

If you can’t refrain from reacting, then you can at least rely on your Guardian Angel. For example, if you are afraid of flying on airplanes, don’t fly. If there is fear in the first place, then it means that in the range of your radiation, there is a frequency which reson-ates with the life track on which a disaster in the air is marked out. It does not mean in

any way that you will certainly get on this track, but nonetheless there is a probability of this happening. If you simply don’t think about any danger on

an airplane, then there is nothing to be afraid of. On the contrary, if you experience *unusual* anxiety before getting on a plane, it would be wise to skip that flight. If it's simply impossible for you not to fly, then you need to learn how to listen to *the rustling of the morning stars.* What it is and how it is done, you have yet to discover.

War

War breaks out in basically the exact same way as a simple fight. At first, one side tells the other its opinion on something. The other has the opposite view on things, and the opinion first expressed thus serves as a push of a destructive pendulum. The second party responds to the first push with somewhat higher amplitude. In reply to this, the first

party again responds with more aggression.

And so it keeps growing, until it finally comes down to a physical conflict.

Thus, before us we have a simple and graphic image of two fighting pendulums that are, while hitting against each other, swinging higher and higher. There are many factors responsible for the outbreak of war and revolutions, but the essence is the same. At first, people are told that they are living a miserable life. Everyone quickly agrees – the first action of the pendulum has been accepted. Then the following explanation appears

– other people are in the way of our people's welfare. This stirs up righteous anger – the pendulum is now swinging. Then comes a provocation from one or the other side, which stirs up a storm of resentment – the pendulum has gathered force and thus, the war or revolution can begin. Each strike of the pendulum gives rise to a response, which only further strengthens the swinging.

Hence, the people that take part in this game are experiencing a avalanche-like transfer onto a life track where tension is mounting.

You can only change the situation in the beginning of a conflict. Once the conflict is established, the situation is already out of control. When the spiral is only starting to coil, you could respond to the first lunge of the pendulum amicably or by simply stepping aside, and the pendulum will fall through or it will be extinguished. Consequently, there will be no transfer to a new branch – that is, to a new life track. However, if you accept the pendulum's swings, then your frequency of radiation will approach the parameters of the spiral's new branch – the new life track.

Unfortunately, if an individual participant doesn't react to the pendulum, this does not yet guarantee that he will not be drawn into a war or a revolution. If you've stepped into a powerful whirlpool, then no matter how you

try, it will be almost impossible to get out of it. However, if the participant doesn't accept the pendulum's game, he will at least get additional chances to remain alive and come out of the conflict with the smallest possible losses. At this point you should have a good understanding of what it means to not accept war. You could hate it or be actively against it, fighting it. But whether you are for or against war, it's all the same to the pendulum. It gets energy from either side. If the energy emanates at the frequency of war, a transfer takes place onto the corresponding track. You acknowledge the war, participate in it – you are on the field of battle. You fight against the war – it will consume you nonetheless.

To not accept the pendulum means to ignore it. Of course, you can't always ignore it – that is the danger of an induced transition. Well, it would at least be useful not to take any position, be that of an advocate or an opponent

of war. In all times, neutral governments have existed that have been standing aside, observing how entire nations destroyed one another. Look at the demonstrations and meetings where people furiously protest against war activities. For the pendulum, trying to unleash the fight with its own rivals, these opponents of war are just as committed and desired adherents, as

supporters of the conflict. Active protest is the very same as support of war, although naive adherents are convinced of the contrary. Peaceful suggestions and exposing the true face and motives of the pendulum – these are the actions that can put war out. Do you remember the allegory with the nest of wild bees? The pendulum tells its adherents that the bees are dangerous and therefore must be destroyed. But what does the pendulum really need, maybe their honey?

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Unemployment

As we've already mentioned, there are different ways in which you can participate in the game of a pendulum – both by supporting it and by trying to reject it. The latter is, perhaps, even more dangerous, since the desire to avoid a pendulum creates an excess potential that will draw you into the funnel of transition. Everybody or almost everybody is nowadays afraid of losing their jobs. An induced transition to the state where you live out on the streets is very insidious indeed.

Everything begins with the smallest and most harmless thing. This could be a rather weak first sign: you overhear that your company is not doing as good now as it did before. Or someone you know has lost his job, or there are rumors going around about re-dundancies, or something like that.

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On a subconscious level, invisible to you, a red light has gone off. Shortly thereafter, another signal comes – for example, inflation is on the rise. This is already putting you on your guard and, incidentally, the same is happening to others. People are starting to talk and the pendulum of unemployment is already being fed with energy. There is already news about a dip in the stock market and the general tension is mounting. Worry is quickly replaced with anxiety, and then by fear. You're already vigorously generating energy on the frequency of a life track where you see yourself without a job.

When you are carrying around the fear of becoming unemployed, you can count on it being as obvious as wearing a sign around your neck that said “I can be fired.” If you think that you can hide this fear, you are very mistaken. Passing gesticulations, certain intona-tions and inflections in your voice, can sometimes tell more than words. Having lost

confidence in yourself, you are already not as effective a worker as you were before. Things that were a piece of cake to you before are now not going too well. There is tension in your interactions with coworkers, who are in the same position as you are. You bring your nervousness home to the family and instead of supporting you, they begin to accuse and criticize you. That’s it, stress is developing and you are no longer a worker – there is a sign around your neck with the following words: “Ready to be fired.”

The feeling of guilt is what causes your fear of being fired. This feeling of guilt is either smoldering or burning with a bright flame in your subconscious. Who do they usually fire first? That’s right, the worst ones. If you have allowed yourself to think that you could be worse than others, then that assumption by itself has put you on the black list. Turn away from the feeling of guilt. Allow yourself the luxury of being you. And if you’re not

successful, start looking for another job. The excess potential of emotional worries is scattered and dissolved through action.

Some people start looking for a new job, as soon as they are employed. They are not doing this because they intend to change jobs immediately. Insurance brings confidence: just in case, there is an alternative option. If you are calm about your future, the action of the balancing forces won’t touch you.

Epidemic

You are probably thinking that no….we can't be talking about life tracks, when talking about contagious diseases. Somebody gets ill simply because he's been infected. And you would be right, but only in that a person allowed himself to get infected. I certainly don't mean to say that someone who gets ill should have walked around with a mask on –

that wouldn't have saved him anyway. You

don't believe me? Well, I won't be able to prove it to you by using theoretical arguments – just as I would not be able to prove anything that's being said in this book.

However, you wouldn't be walking around with a mask on during a flu epidemic, just to test whether the mask is working or not.

Therefore, I'll just tell you what I know.

Whether you believe it or not is up to you.

So, let's uncover the history of disease. The reason for your illness is your voluntary agreement to take part in the game called

"Epidemic." Everything begins with hearing that there is an epidemic – let's say the flu is already going around somewhere. Every normal person knows that the flu is transmitted through

the

respiratory

system.

Con-

sequently, you, like all normal people, completely allow the possibility that this could happen to anybody. Immediately, your mind starts playing the being-sick movie: you have a fever, you're sneezing and coughing. That's

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it – from this moment on, you are already in the game, because you are emanating thought energy at the frequency of a destructive pendulum.

You're already subconsciously looking for confirmation that an epidemic is actually here, and your attention becomes selective.

Sneezing people are all around you. They were always there, you simply didn't notice them before. At work and at home, from time to time, someone will raise the subject of the flu. Your assumption that an epidemic approaches is being confirmed by more and more evidence. Even if you're not particularly looking for confirmation, and the subject doesn't particularly worry you. Somehow, confirmation takes place by itself.

If, from the very beginning of the game, you have tuned yourself to the frequency of the destructive pendulum, your bonds to it will become stronger and stronger, regardless of

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your conscious participation. Well, and if you wouldn't mind getting sick or if you feel that you're destined to get sick, it means that you are already the most active adherent of the pendulum. Or no, you've decided not to get sick and you keep telling yourself that you are absolutely healthy and will not get sick. It won't work. You are thinking about the illness, so you are emanating on the frequency of this illness. The direction of thoughts – for or against – is not important. In other words, if you try to convince yourself that you will not get sick, then from the beginning, you are allowing the possibility of getting sick, and no persuasion on your part will help you stay healthy.

Words pronounced out loud are simply rendering air, words said to oneself are nothing at all – but belief is a powerful energy, even if it is not audible. You will not save yourself, even if you'll run and get vaccinated. It doesn't matter, because you are going to be

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ill for a period of time, one way or another.

The first symptom of your illness gives you a choice: will you, after all, be sick or not? You make weak attempts to resist and finally, you face the fact that you are getting ill. This brings the final adjustment in your radiation and you move to a life track where illness assumes full control.

The induced transition started from the moment the pendulum was accepted. If you truly don't care at all about this epidemic, the transition won't take place. Or if you are on vacation, haven't been talking to anyone, haven't heard any news, and know nothing about the epidemic, the pendulum won't touch you. It will simply fall through, as if in-to empty space.

Have you ever wondered why doctors don't become infected? Many are even bold enough to work without protective masks.

It's not because they give themselves

vaccines. You can't vaccinate yourself against all illnesses. The thing is that doctors are also actively playing the game of the illness pendulum, but they have an entirely different role. By analogy, when you get the chance, watch the stewardesses on an airplane.

These good fairies insistently recommend that all passengers fasten their seat belts, while they themselves fly about the cabin, as if in the event of a crash, they would simply hover in the air like hummingbirds.

"Well, and what about babies, infected with AIDS?" – a meticulous Reader would ask.

"What, they also radiate energy of transition?" First of all, here we are only looking at the question of an epidemic as a tendency.

Second of all, I am not trying to show that infections in general don't exist and that there is only radiation of thought energy on the frequency of

illness. Transurfing is not a dogma and nor is it the last stop on the way to the truth. One should not take any idea to

be the absolute truth. We can only be looking at patterns and regularities. Truth is always

“somewhere real close”, but where exactly –

nobody knows.

Panic

This is the most intensive and quickly induced transition. Panic among people is the most able phenomenon to highlight all the distinctive features of an induced transition.

Firstly, the spiral coils very strongly when you panic, because a signal of real danger always sounds very convincing and a man would immediately be drawn into the game of a destructive pendulum. For that same reason, the pendulum increases its swinging much faster, practically like an avalanche.

Secondly, when panicking, a man almost completely loses control over himself, which means that he turns into a sensitive receiver

and at the same time into an active re-transmitter of the pendulum’s swings. And finally, the pendulum itself finds an ideal way to materialize itself, in the form of a crowd. Unfortunately, all these factors make it very difficult to make a pendulum fall through or to extinguish it. In moments of panic, it wouldn’t even occur to a person to think about ways of struggling with a pendulum.

However, if you can get a grip on yourself and not give in to panic, then you have a very good chance of saving your own life and the lives of those close to you. For example, on a sinking ship, there’s always a scuffle around

one of the ship's rescue boats, while the boats nearby are empty. If one would only take a moment to look around, he would notice the empty boats. But this is precisely the insidious quality of an induced transition in that it works like a funnel, sucking everything around it into itself, making you lose sight of possible alternatives.

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Poverty

If we are to think logically, how can a simple man who was born in the slums get rich? We won't look at the criminal way of doing it or at beautiful stories about people becoming millionaires overnight. So, reasoning based on common sense won't lead us to any co-herent conclusion. Then what is the use of ordinary logic to you? Transurfing can't be put into the frame of common sense; but then again, it allows you to do what appears to be impossible.

Acting logically, people get the corresponding result. If a man was born in poverty, he will find himself in poor surroundings. Thus, he is accustomed to it and is tuned to the energy radiation at the frequency of his own miserable life. It will be very difficult to move over onto a track of prosperity, if you feel only hatred toward your own poverty, envy

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toward the wealthy, and your own desire to become well-off. Or actually, no, I would say that having only these three things at your disposal, moving over to a track where you are wealthy would be practically impossible.

Let's take a look at why that is.

Probably one of the first discoveries all children make, when coming into this life, is the following: the fact that you don't want something, doesn't yet mean that you will be free of it. Sometimes, the soul simply cries out in despair: "But I don't want that! I simply hate it! Why won't it leave me in peace? Why is this always happening to me?"

In a fit of indignation, not only children, but also adults ask themselves a similar question. It is really difficult to accept the following situation: if you don't want something, it will nonetheless happen. And if you hate it, then it will follow you wherever you go. You can hate your poverty, your work, your

physical flaws, your neighbors, the bums on the street, alcoholics, drug addicts, dogs, thieves, criminals, the impudent young, the government….The more you hate something, the more you will encounter it in life. And you already know why. It gets to you, you think about it, and that means you emanate on the frequency of a life track where the thing you don't want exists in abundance. It's not important what polarization this radiation takes: "like it" or "don't like it." The second is even more effective, because the emotions are stronger. On the other hand, everything that is unpleasant to you would be to you a destructive pendulum, and that's why you swing the pendulum even higher with your own emotional suffering. And finally, if you actively hate it, it means you are creating an excess potential. The balancing forces will be directed against you, because it's easier for them to eliminate one opponent than to change the world that doesn't suit

someone. See how many harmful factors there are in a negative attitude towards life!

Let's return to the man who was born in poverty. He has a dream to get rich. But one desire alone, as you know, won't change anything. You could be lounging on your sofa and lazily thinking: "It would be nice with a bowl of strawberries. But where can I get some? It's impossible, because it's winter now." In practically the same way, a poor person is dreaming of getting rich.

If a man is not ready to act in order to get what he wants, he won't get it. And he doesn't act, because he is convinced that it doesn't matter, because nothing good will come of it. That's a vicious circle for you.

Desire itself doesn't have any power. It can't even lift a finger. It is your intention, your readiness to act that is responsible for lifting the finger. Intention also includes the readiness to have. A man could say, "Well, I'm

really ready to have some riches! It is so simple after all, I do want to become rich!"

No. Again, there is a deep abyss between "to want" and "to be ready to have". For example, a poor person feels "like a fish out of water" in a rich environment or in an expensive shop, even if he tries with all his might to convince himself and others of the opposite. In the depths of his soul, he feels that he is not worthy of any of this. Riches don't enter the poor fellow's zone of comfort, and not because being rich is uncomfortable, but because he is too far away from all this. A new armchair is better, but then the old one is more comfortable.

A poor person only sees the external side of wealth: luxurious houses, expensive cars, decorations, clubs… If you were to put a poor person in such an environment, he would feel uncomfortable. And if you were to give him a suitcase full of money, he would start

doing all sorts of stupid things and in the end, he would lose everything. The frequency of energy, which he transmits, is in sharp dissonance with a wealthy life. And until the poor person puts the attributes of wealth in his comfort zone, until he learns how to feel as the owner of expensive things, he will remain poor, even if he finds buried treasure.

Yet another obstacle on the way to wealth is envy, because, as you know, to envy someone means to be annoyed with his or her success.

In this sense, there is nothing constructive about envy. Moreover, envy has one very strong, destructive element. A man's psyche works in the following way: if he envies something that he would want to have, then he tries to devalue it in every possible way.

Here is the logic behind the concept of “being green with envy”: “I envy what he has. I don’t have it and I’ll probably never have it.

But how am I worse than him? So, the thing

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he owns is lousy and I need it like a fish needs a bicycle.”

This is how desire to have becomes a psychological defense and then turns into rejection.

Rejection takes place on the subtle level, because

the

subconscious

understands

everything literally. Consciousness devalues the object of envy only for show, to calm itself, while the subconscious takes everything seriously. And here it does more harm than good, doing everything in its power so that the man won’t get the devalued and rejected thing.

Thus, you can see what tenacious forces hold a person on a poor life track. Events unfold even more dramatically during an induced transition of a prosperous person to a poor life track. It does happen that a completely successful individual loses everything and finds himself on the street. The most insidious thing about this induced transition to

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poverty is that the spiral begins to unwind very slowly and then faster and faster, until it is impossible to stop.

This spiral starts off with temporary financial difficulties. Observe - temporary financial difficulties can happen at any moment and to anybody. It’s such an ordinary, unavoidable thing as, say, the rain on the day when

you wanted to have a picnic. If you don’t fall into rage, depression, agitation or take offense at life because of this difficulty, then the swings of the destructive pendulum will die out because you did not give your energy away to the pendulum. An induced transition begins only in the case of you having grabbed onto the end of the spiral. In order for the spiral to start spinning, your response to the pendulum is needed.

Your first reaction to the pendulum’s push is discontent. This is for now too weak of a support for the pendulum, and if your emotions

end here, the pendulum will die out. Another reaction is indignation, and this feeling is stronger, so the pendulum will regain its spirit, sending you information that someone is to blame for your financial difficulties. To this second push, you’ll respond with negative comments or actions towards the guilty party. At this moment, the destructive pendulum has already become fully animated and thus, a new branch of the spiral is taking form: your next salary will be smaller, or prices will shoot up, or someone will suddenly demand that you repay your debt.

Notice that, at the current stage, you don’t yet realize that a process is going on. It could simply be an unfortunate event. But in fact this is a directed process, which you induced on your own, being responsible for the swings of the pendulum. The frequency of your energy radiation is further rearranging itself from the track where you are prosperous, to the track where you are deprived and

annoyed. Therefore, you move to the tracks corresponding to these new parameters.

And thus, your situation is getting more and more serious. Bad news start pouring in on you from everywhere: prices are rising, your company is not going well. You begin to actively discuss this negative news with close friends and relatives. These discussions are, usually, of a destructive sort –

that is, they consist of complains, discontent and aggression towards the supposed guilty parties.

This is especially pronounced in companies where business is indeed bad. At a company like that, the day begins with the postulate that “there’s no money”, as if it were a morning prayer.

At this point you have already been captured by the spiral, and your radiation is tuned to the frequency of the destructive pendulum.

Because things are constantly getting worse, you’ll get ridden by anxiety. The energy of

anxiety, despite its small size, is very well as-similated by the pendulum, making the pendulum bolder and bolder. In the state of anxiety, you will unavoidably be creating an excess potential all around you: discontent, aggression, depression, apathy, resentment and so on. Now, when the destructive pendulum has been joined by balancing forces, the situation gets out of control and starts to develop in a snowballing manner. You feel fear and let yourself run amok.

It’s as if someone took you by the hands and started spinning you round and round, only to let go of you suddenly and quickly. You fly off to the side, fall down, and remain lying in shock. That’s a terrifying picture. But everything started with small financial difficulties. The pendulum doesn’t need your money, because it is only interested in the negative energy you are emanating when your money is melting away. As a result, when the spiral has unwounded, the

unfortunate person, in the best case, loses quite a lot, and in the worst case –

everything. He is no longer of interest to the destructive pendulum – there is nothing more to take from him. Further on, events can be unfolding in several ways: either the unfortunate remains laying on the unsuccessful

track, or he tries with difficulty to pull himself out. Such an induced transition can happen with individual persons as well as with large groups of people. In the latter case, as you can imagine, the spiral is not a spiral anymore, but a real whirlpool from which it'll be very difficult to get out.

The only way to avoid an induced transition is not to grab onto the end of the spiral, not to get involved in the game of the destructive pendulum. It's not enough to simply know how this mechanism works. You need to constantly *keep it in mind*. Your Overseer must not sleep. Pull yourself together every time you accept a pendulum's game by habit, as if

in a dream – that is, when you show discontent, indignation, anxiety, when you take part in destructive discussions and so on. Remember: everything that makes you react negatively is the provoking action of destructive pendulums. The exact same thing happens in dreams: until you realize that it is a dream, you are a puppet in someone else's hands, and you could be tormented by nightmares. As soon as you wake up, shake off these delusions and realized the true nature of the game – that's it, you're the master of the situation. You won't become a victim of circumstances, while everyone around you is in a zombie-like state.

Summary

Each man creates a separate layer of the world, where he lives.

The world of people as a whole consists of individual layers, placed on top of each other.

When emanating negative energy, a person is making the layer of his world worse.

Aggression is mistakenly taken to be a sign of strength and dissatisfaction is seen as a normal reaction.

A response to a negative event induces the transfer to negative life tracks.

An induced transition includes a negative event in an individual person's layer.

Don't allow any negative information into your layer.

"*Don't allow" means not to avoid, but to intentionally ignore and not become interested in certain kinds of information.*

CHAPTER VI THE FLOW OF

VARIATIONS

Where do the following come from -

premonitions, intuition, prophecies and discoveries, as well as masterpieces of art? Is it true that the human mind is the one which invents and creates? The flow of variations is a luxurious gift for the mind, but man does not have the least suspicion about it. And what are omens and why do they work?

When you go with the flow, the world comes out to meet you.

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The Information Field

The space of variations represents an information field or an energy matrix – *a model of what must happen and how it must happen.* Energy tuned to a particular sector of the matrix "illuminates" it, and the model is then realized in material form. Hence, the question: can this information be used while it is still in unrealized form? In other words, can we "see" into the future?

One could say that we do this every day. Our consciousness doesn't know how to get information from the space of variations. But the subconscious has free access to the information field. This is precisely where

premonitions, intuition, predictions, prophecies, discoveries and masterpieces of art come from.

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Information enters the consciousness either from the outside world, as an interpretation of external data, or from the subconscious, on the intuitive level. Data that is written in the field is, roughly speaking, truth in its purest form. In other words, it is objective information that is free from any interpretations. When truth passes through the filter of mind, it turns into an interpretation –

namely, into knowledge. All living creatures perceive truth through their interpretations.

A chicken perceives and understands the world in a very different way than that of a man. Even different people can perceive and understand the same things differently.

Therefore, knowledge is nothing but a more or less distorted form of the truth.

Data in the information field has the form of complex energy structures. These structures contain everything that makes matter move according to certain laws. At first, data from the information field is received by the

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subconscious (the soul) then consciousness (the mind) translates it into a verbal or symbolic description. This is how discoveries come to be or how something new is created

– like music, works of art – that is, everything that a man couldn't see or know about directly. This is also how intuitive knowledge and premonitions appear.

All of this is possibly shocking to you and fills you with distrust. So are we saying that mind by itself can't create anything new, but is only able to

receive data from the information field? Not quite. The mind can construct a new item or solve a problem, using familiar objects or logical configurations. In other words, the mind can make a new house out of old bricks. But, to come up with something entirely new, something that cannot be made out of the old, this the mind cannot do.

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Fundamental scientific discoveries do not come as a result of logical reasoning, but as flashes of inspiration, like knowledge taken out of nowhere. The same is true for great inventions. Good music is not just composed from a collection of notes, but comes as if on its own. Masterpieces of art are created not as a result of mastering a professional technique, but are born out of inspiration. A work of art that has been painted by somebody who masters a particular technique will not necessarily become a masterpiece. It becomes a masterpiece because of what lies outside the boundaries of excellent technical performance. Poetry that moves the soul is not a result of a logical assorting of rhymes, but comes from the same place – from the depths of the soul.

Art that is based on inspiration and enlightenment has nothing to do with the mind. It is only later that the mind makes the products of such creation its own. For example, the

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mind is able to make a perfect copy of an old masterpiece. But it is not capable of creating a new one. The mind analyzes data received by the subconscious from the field of information, and wraps this data in symbolic interpretation – in the form of a melody, a picture, a poem, a formula, a diagram etc.

So far, we are unable to understand how the subconscious gets access to the field of information. We can only witness the manifestation of this access. An example of this is clairvoyance – the ability to perceive events that have either happened before, that are about to happen, or that are happening beyond the limits of the clairvoyant's visual perception. We don't understand the mechanism of these phenomena and so we call them

paranormal. The pendulums of fundamental science, not wanting to admit to their power-lessness, don't take paranormal phenomena seriously. However, the fact that we can't

explain things doesn't mean they are not true, and we can't just simply wave them away.

There are people who see events in the information field as clearly as if they were happening before their very eyes in the material world. Such people have the ability to tune themselves to a specific sector in the space of variations that has already been manifested.

For example, in order to tune oneself into the sector of a missing person, a clairvoyant must look at his photograph or touch something of his. Even the police sometimes use the services of such clairvoyants.

Not everyone can see so clearly, and therefore, mistakes are made. There are two reasons for these mistakes. The first reason is related to the fact that clairvoyants can be tuned to a sector that has not and will not be realized. Different sectors can, depending on their relative distances from each other,

differ either greatly or barely at all in scripts and decorations. The second reason why a clairvoyant can make a mistake is the interpretation of data by the psychic himself. For example, ancient foretellers and prophets, when looking at unfamiliar and strange scenes from the future, interpreted them in their own way, deriving from their level of knowledge. Therefore, prophecies are sometimes imprecise.

Whether you believe all this or not is your own choice. Keep in mind that Transurfing is but a model, allowing us to use the laws of the world for our own interests. It is not meant to be *the* description of the world's structure. Transurfing is also not a stone monument with the inscription "Here is exactly where the heart of the problem is".

Truth, as you know, is always somewhere close. The notion that man is capable of syn-thesizing anything new using his mind is also only a mindset. It's just that we have been

accustomed to this model for a long time and it is suitable for us. It should be noted that this familiar diagram of life is as impossible to prove as the Transurfing model. So, whether things happen this way or another is not very important for us, in principle. The fact remains that the information from the space of variations somehow reaches our ears in the form of various hints, visions, enlightenment, signs, and if possible we must try and grasp their meaning.

Knowledge

out

of

Nowhere

Only a very small and select number of people are able to clearly read the data from the field of information. The majority of people get only echoes of this data in the form of passing premonitions and vague knowledge. People involved with science and

art get enlightened after many days or years spent in contemplation. It's difficult to discover something new because it is much easier for your thought frequency to tune in-to sectors that have already been realized in the space of variations. Something that is fundamentally new is always in the unrealized sectors. But how do you tune into them?

This is beyond us for now.

When the search for new solutions doesn't give any results in the realized sectors, the subconscious somehow gets out into an unrealized sector. Such

data is not enveloped in the usual symbolic interpretations. Therefore, consciousness perceives it as vague and unclear information. If the brain is able to grasp the essence of this information, you get enlightened and obtain a clear understanding of things.

There are many ambiguities and contradictions in the workings of our consciousness

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and the subconscious. We won't address all these problems, but will only consider a few separate aspects. For simplicity, so we won't get lost in terminology and semantics, we'll refer to everything related to consciousness as 'mind," and everything related to the subconscious as "soul."

If our mind understood everything that the soul wanted to tell it, humankind would have received direct access to the field of information a long time ago. It's hard to imagine what heights our civilization would have reached if that was the case. But it's not only that the mind doesn't know how to listen, it doesn't even want to. A man's attention is constantly preoccupied with either objects of the external world or with inner thoughts and emotional feelings about these objects.

The inner monologue almost never stops, even though it is under the mind's control.

The mind doesn't listen to the weak signals of the soul, but in an authoritarian voice it

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repeats over and over again whatever it is preoccupied with. When the mind "thinks", it operates in categories, classifying qualities of visible objects in the materialized sectors.

In other words, it thinks with the help of well-established *labels:* symbols, words, concepts, diagrams, rules and so on. It tries to place all information

into appropriately labeled files.

There are labels for everything that exists in this world: the sky is blue, water is wet, birds fly, tigers are dangerous, winter is cold and so on. If information from unrealized sectors doesn't yet have mental labels, the mind perceives it as some kind of incomprehensible knowledge. If a new label can be put on a piece of knowledge or it can be explained in the framework of old explanations, then there you go – a discovery has been made.

It's always very difficult to come up with an explanation for something entirely new.

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Imagine a man who hears music for the first time. Music is also information in the form of sounds. When the mind receives this information, it knows, but doesn't understand.

There is yet no name or label for it. Understanding comes later, when the mind hears music many times and all designations and objects associated with music are demonstrated to it: musicians, instruments, notes, songs. But when the mind heard music for the first time, it was totally real and actual knowledge and, at the same time, an incomprehensible mystery. In other words, the mind knew it was experiencing something and that something was in existence, but the mind could not identify what it was experiencing.

Try to explain the following definition to a small child: "milk is white." The child is only just starting to use abstract categories, thus he'll ask you a bunch of questions. Well, he does know what milk is. But what is "white?"

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It's a color. And what is a color? It's a property of objects. And what's a property? And what's an object? And so on, forever and ever. It would be easier not to explain what color is, but to show objects of different colors. Then the child's mind would be able to label the parameter where the various objects differ, using the abstract category of color. This is how he

puts labels and definitions on everything around him, and then he thinks, using these definitions. In contrast to the mind, the soul doesn't use labels. How can the soul then explain to the mind that

"milk is white?"

From the time when the mind began to think using abstract categories, its connection to the soul slowly began to die off. The soul doesn't use these categories. It doesn't think and doesn't talk, but it feels and knows. It cannot express what it knows with words or symbols. Therefore the mind can never agree with the soul. Suppose that the soul is tuned

to an unrealized sector and has found out something that does not yet exist in the material world. How can it bring this information to the mind?

Moreover, the mind is constantly busy with its chatter. It thinks that everything can be intelligently explained, and is constantly keeping all information under control. The mind is only receiving vague signals from the soul, signals that it cannot always identify with the help of its categories. The soul's ambiguous feelings and knowledge are drowned out by the loud thoughts of the mind. When the mind's control weakens a little, then intuitive feelings and knowledge can break through into consciousness.

This breakthrough can appear in the form of a vague premonition, which is also called the inner voice. The mind has been distracted and in this moment you sensed a feeling or some knowledge of the soul. This is what is

called *the rustling of the morning stars* –the voice without words, thoughtfulness without thoughts; sound with no volume. You understand something, but vaguely. You are not thinking, but you feel it intuitively. Everyone has at some point in their life experienced for themselves what intuition is. For example, you feel that someone's coming right now, or something is about to happen or *you simply know something without being able to explain it.*

The mind is constantly busy generating thoughts. The voice of the soul is literally drowned out by this “thought-mixer,” thus intuitive knowledge is hard to access. If we could stop this course of thoughts and simply contemplate emptiness, we would be able to hear the rustling of the morning stars – the inner voice, wordless. The soul can find the answers to many questions, if we would only listen to its voice.

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Teaching the soul to purposefully tune itself to unrealized sectors and forcing the mind to listen to what the soul wants to tell it is difficult enough. Let’s start out small. The soul has two rather distinct feelings: a sense of inner peace and a sense of inner discomfort.

The mind has interpretations for these feelings: “I feel good” and “I feel bad”, “I’m confident” and “I’m worried”, “I like” and “I don’t like”.

With every step you take in life, decisions must be made – to do something or to do something else. Material manifestation is moving through the space of variations, and as a result of this we get what we call “our life”. Depending on our thoughts and actions, particular sectors are being realized.

The soul has access to the field of information. Somehow it sees what lays ahead in the not yet realized, but approaching sectors. If the soul has tuned in to a sector that has not yet been made into reality, it would know

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what is waiting there if it were to be realized: something nice or something bad. These feelings of the soul are perceived by the mind as vague sensations of inner peace or inner discomfort.

The soul very often knows what is expecting it. And it tries with a weak voice to notify the mind about this. However, the mind almost never listens to the soul or at least doesn’t attach any significance to these vague gut feelings. The mind is trapped by pendulums. It is too busy solving problems and is convinced that its actions are rational. The mind makes resolute

decisions, governed by logical reasoning and common sense. However, it's a well known fact that sensible reasoning in no way guarantees the right solution. The soul, in contrast to the mind, doesn't think –

it feels and knows. Therefore, it doesn't make any mistakes. How often do we hear people suddenly remember: "But, I knew that nothing good would come of it!"

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The task is to learn to determine what your soul is telling your mind in the decision making moment. It is not that difficult to do. You just have to tell your Overseer to pay attention to the state your soul is in. Say, you are making some kind of decision. Your mind is completely trapped by the pendulum or preoccupied with solving a problem. In order to hear the rustling of the morning stars, you only have to *remember* in time that you need to pay attention to your soul's condition.

This is so trivial that it is not even interesting. But that is the case. The only problem is in *paying attention* to your own feelings.

People are more prone to trust reasonable arguments than their own feelings. Therefore people have forgotten how to pay attention to the state of their soul.

Let's say you are mentally viewing one of the possible solutions. At this point the mind is not guided by feelings but by sensible reasoning – and is not at all likely to perceive any

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feelings. If you have been successful in *remembering*, then take notice of what you are *feeling*. Did something about the situation put you on alert or upset you? Was there something that feels dangerous or something that you don't like? You make a decision.

Now order the mind to be quiet for a moment and ask yourself, "Do you feel good or bad?" Then pick a different solution and again ask yourself the

question “Do you feel good or bad?”

If you don’t have an explicit feeling, it means that your mind is still a very poor listener.

Let your Overseer force you to pay attention to the state your soul is in more often.

However, it is possible that the answer to your question is ambiguous itself. In that case, you shouldn’t rely on such imprecise data. The only thing remaining then is to act according to the suggestions your mind is making. Or you would have to simplify the question.

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If you were able to get an explicit answer,

“Yes, this is good for me” or “No, this is bad for me,” that means you have listened to the rustling of the morning stars. Now you know the answer. It doesn’t mean that you will act in accordance with the dictates of the soul.

We are not always free to act the way we wish. But at least you will know what you can expect in the unrealized sector.

The Asker, the Offended and the Warrior

There are two extremes of human behavior in life situations: to go with the flow, like a little paper boat with no will of its own, or to row against the flow, stubbornly insisting on your own way.

If somebody is just sitting around, not taking any initiative or striving to get anywhere, but just being there, then life will be directing

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him. In that case, that somebody becomes a puppet of the pendulums, and they determine his fate at their own discretion. When taking a stand like that, the man is refusing to choose his own destiny. His choice is to have a predetermined destiny: “let it be whatever it is” - will be. Agreeing to such a

condition, the man is claiming that you can't escape your fate. And he is entirely correct, because for him, there just happens to be a destiny like that in the space of variations.

Having made this choice, a man can only helplessly complain about his fate and set his hopes on higher powers.

Having put his destiny in others' hands, a man moves through life on one of two paths.

Moving along the first path, he can submit himself to *asking* for charity for living his life, appealing either to pendulums or to some sort of higher power. Pendulums force the Asker to work, and he spends his whole life cringing before them, getting only a few

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crumbs to live on in return. The Asker naively appeals to higher powers, but they don't care about him.

The Asker has given away any responsibility for his own destiny, saying, "Everything is in God's hands". And if that is the case, then all you need to do is ask nicely, and as God is merciful, He will give it to you. "Mountains and valleys! Rivers and oceans! Oh, the sky!

Oh, the earth! I bow before your power! I am filled with reverence and belief. I believe that you will help me buy my morning newspaper!" What, was this too exaggerated of an example? Not at all, because to great higher powers, there is no difference between a morning newspaper and a grand palace –

anything is possible for them. And if you didn't get what you wanted that means, you obviously didn't ask nice enough! Well then, carry on asking.

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There is a Russian joke that goes like this. A man is lying on his couch, praying. "Oh God, help me to get rich. I know you can do it! I believe in

your greatness! I put my hopes in you and your mercy!" and the Lord tells him, in vexation: "Listen, dude, you could at least buy a lottery ticket!" That is a comfortable situation: decline all responsibility for yourself and at the same time wallow in your own inner importance. What is importance doing here? The man has imagined himself to be such an important figure that he believes that God in all his majesty and mercy cares about that one person's well-being. God has already given man too much – freedom of choice, but, due to his infantile nature, man won't accept this gift and is thus constantly dissatisfied.

An infantile nature finds its justification in the fact that the way towards the goal is strewn with many obstacles. In fact, there is always something in the way of a man's goal.

And that something is balancing forces and pendulums that are the result of the man's handmade excess potential of importance.

It's like in that children's game11, "Hello there geese - geese!" – "Honk! Honk! Honk!"

- "Are you hungry?" – "Yes, yes, yes!" –

"Well, fly on then!" – "We can't! The gray wolf by the mountain won't let us get home!"

If the role of the Asker doesn't suit, the man can choose a second path: taking the role of the Offended. That is, expressing dissatisfaction and demanding something that is supposedly *his by right.* The Offended, by expressing his demands, is bringing even more harm to his destiny. Let's look at another allegory as an example of this. A man comes to a picture gallery, he doesn't like the exhibition on display, and he considers himself to have the right to express dissatisfaction. He starts stamping his feet, making threats, demanding that they take the exhibition down, and maybe he'll even start destroying

everything around him. Naturally, there will be some kind of reprisal following his actions. The man then gets even more offended and continues to actively rant and rave:

“What! They should be bending over backwards for me!” It doesn’t occur to him that he is only *a guest* in this world.

From the Transurfing point of view, both the first and the second path seem completely absurd. Transurfing suggests an entirely new path: *don’t ask and don’t demand, but simply go and take.*

So what’s new about that? After all, this is exactly how somebody acts, having made yet another choice: my destiny is in my own hands. He begins to struggle with the world for his place under the sun. Taking a hard stand, a man is at war with the pendulums, being drawn into ongoing competition and elbowing his way forward. Basically, his entire life is a continuous *struggle* for

existence. The man has chosen a struggle, and this alternative exists in the space of variations as well.

We already know that both humbleness as well as dissatisfaction makes us dependent on pendulums. Remember what we were talking about in the chapter about potentials of importance, and everything will become clear to you. The Asker creates a potential through his guilt and is voluntarily giving himself away into the hands of the manipulators. He who asks already believes that he is condemned to ask and wait – maybe someone will give him something. The Offended creates a potential of dissatisfaction, turns the balancing forces against himself, and is actively ruining his own fate.

The Warrior, having chosen the battle, has taken a more productive stand, but his life is hard and takes a lot of his power. No matter how much the man tries to resist, he is only

getting himself more and more enveloped in the spider web. It seems to him that he is struggling for his own destiny, while in fact he is only spending his energy in vain. Sometimes a man would gain a victory. But to what price! His victory is there for all to see, and everyone is once again convinced that it is definitely not easy to win the crown of victory. This is how society's opinion on how to attain goals is shaped and strengthened: in order to achieve something, you have to be persistent and work hard for it, or fight for it courageously.

Social opinion is actually formed by pendulums. Potentials of importance serve as a buffet for pendulums. If the aim is difficult to reach it is the external importance talking. If only someone, who possesses outstanding qualities, can attain it then it is the inner importance talking. On the way to his aim, the man will be fleeced. Possibly, he will be allowed to get to the finish line. And he will be

very satisfied, without understanding that he spent his energy mostly on fulfilling demands of the pendulums, and not so much on reaching his goal.

We get the following rough picture. To reach his goal, a man must wade through a crowd of beggars. They make a hubbub, block his way, and keep grasping him by the hands.

The man tries to justify himself, excuse himself, give them money, push them aside, force his way through and fight them. Finally, with great difficulty, he gets to his goal.

The energy that was spent on the actual achieving of his goal is but a small part and goes only towards moving his feet in the direction of the goal. The remaining mass of energy was spent on the struggle with the persistent beggars.

Having broken the chains of pendulums the man will get his freedom. The beggars will leave him in peace and bother other people.

As you remember, in order to free yourself from the pendulums, you have to abandon internal and external importance. If you do this, obstacles on the way to your goal will simply self-destruct. Then you will be able to *not ask, not demand, and not struggle, but simply to go and take.*

Now there is the question of how are we to understand the phrase "to go and take" –

and what has to be done so that we can "go and take" whatever it is we want? All of the remaining parts of the book are dedicated to this question and you will soon know everything about it. So far, we have only outlined the general strategy for choosing one's destiny. The roles of the Asker, the Offended, and the Warrior don't suit us. What do you think, what role does Transurfing gives the master of his destiny to play in the game called life? This is your homework.

For now, let's look at tactical ways of behaving in life situations.

Going with the Flow

The Asker and the Offended unwillingly go with the flow of life. The Warrior, on the other hand, tries to fight against the flow. Of course, there are no pure types of these people. From time to time, everybody to a certain degree takes on one of the roles.

Playing these parts, a man is acting extremely inefficiently. But if we can't struggle, nor go with the flow, what is there left for us to do?

Earlier we saw how the mind authoritatively dictates its own will, based on common sense. Many people reason very sensibly, but at the same time get nowhere in solving their problems. What is then the great use of such common sense? The mind cannot guarantee

that its solution will be foolproof. The mind only thinks that it is reasoning sensibly, when in fact it is actually offering itself to pendulums. There can be no talk of freedom in moving along the flow while a man is playing the part of the Asker, the Offended, or the Warrior. Even the Warrior has the same amount of freedom to express his will as has a little paper boat.

How does the Warrior move with the flow of life? Pendulums provoke him into a fight with them, and he swims against the current, not understanding that it would be easier and more advantageous *to use* the flow. His mind is captured by pendulums, but the Warrior is resolutely set for battle and, by making resolute decisions, he is whipping the water with all his might, when calm and smooth

movements

would

have

been

enough.

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And now imagine that you are not resisting the flow and you are not causing any extra turbulence, but neither are you going with the flow without any will like a little paper boat. You are intentionally moving in agreement with the flow, you note the shoals on the way, the barriers and dangerous areas, and only by using smooth movements are you able to keep your chosen direction. You are the one standing at the steering wheel.

But can we actually look at life as a flow?

And why can we neither swim without any will, nor resist the flow? On the one hand, the information that lies in the space of variations is stationary, like a matrix. But at the same time, the information's structure is organized into chains of cause-and-effect.

These give birth to *the flow of variations* –

and that is the flow we are about to discuss.

The main reason it is not worth actively opposing the current, is that it is a massive,

useless, and even harmful waste of energy.

But can one rely on the flow of variations?

After all, it can lead you not only to a peaceful lagoon, but also to a waterfall. This is precisely why, to avoid unpleasantness, you must correct your movements with calm, even strokes. Of course, to begin, you must correctly choose the general direction of this flow. The direction is determined by your chosen goal and the means for its attain-ment. After the direction has been chosen, you must rely on the flow as much as possible and not allow any sudden movements.

Everyone pretty much knows the general direction of his or her flow – in other words, where they are going. For example, now I am studying, later I will get a job, have a family, work my way up the employment ladder, build my house and so forth. Many make a lot of mistakes on their way and complain, when looking back. But you can't do anything about it, what's done is done. The flow

has moved you far away from your desired goal. Your reasoning mind cannot save you.

It only remains to regret that "if I had only known where I would fall, I would have put there something soft to land on".

Everyone wants to know what is waiting for him or her after the next turn. Not everyone is seriously going to see fortune-tellers or as-trologers, but many are interested in them, at least out of curiosity. An optimistic

astrological forecast or prediction lights a spark of hope. And when you get unwanted predictions, you can always wave them away. The Transurfing model does not contradict astro-logy. Predictions have a real foundation to them – the space of variations. Astrology exists not only because people are curious about the future. If the hit rate was too low, no one would rely on these short-lived predictions. However, the fact that the flow of variations exists in accordance with certain patterns, allows us to glance at the

unrealized sectors of space. It is quite another matter that astrological calculations are, of course, unable to guarantee their predictions to be a hundred percent accurate and the same goes for clairvoyants.

Everybody decides for themselves, how much they should rely on forecasts and astrological predictions. Respectfully, we will leave this subject aside and we'll look at the useful points that can be extracted from knowing about the flow of variations. The main question is how much we can surrender ourselves wholly to the flow, if we have chosen the main direction correctly, and why should we surrender ourselves to the flow at all?

As previously shown, the mind is constantly under the pressure of artificially created importance and, therefore, it cannot make any efficient decisions. Internal and external importance is, in essence, the main source of

problems. The action of balancing forces manifests itself as rapids and whirlpools on the way through the flow. If you throw off importance, the flow will turn into a much calmer river-bed. The question of whether one should surrender oneself to the flow is also a question of importance. External importance forces the mind to look for complicated solutions to simple problems. Inner importance convinces the mind that it is reasoning soundly and that it is making the only possible correct decision.

If we were to throw importance away, the mind could breathe freely, because it would be released from the influence of pendulums and the

pressure of artificially created problems. It could make more objective and ad-equate decisions. But the whole beauty of this lies in the fact that the mind won't need great intellect, once it is freed from importance. Of course, for solving everyday problems you would need logical thinking,

knowledge and analytical ability. But all of this won't require as much energy. The fact that the flow of variations exists is a luxurious gift for the mind, which hardly ever uses it.

The flow of variations already contains the solutions to all problems. And what's more, the majority of all problems are artificially created by the mind anyway. The restless mind is constantly experiencing the shoves of pendulums and takes on solving all of the problems at the same time, while trying to keep the situation under control. Its strong-willed decisions are in most cases just pointless slapping of the water. The majority of problems, especially the small ones, solve themselves, if we don't disturb the flow of variations.

A great intellect is of no use, if the solution already exists in space. If we don't go into a maze and don't interfere with the flow of

variations, a solution will come by itself. And what's more, it will be the most optimal solution. Optimality already lies in the structure of the information field. The thing is that cause-andeffect

chains

create

separate

streams in the flow of variations. These streams appear to be the most optimal ways in which causes and effects move. Everything exists in the space of variations, but only the optimal or the least energy-consuming

variations are more likely to be realized. Nature does not waste energy for nothing. People walk on legs and not on ears. All processes strive to go along the way of least energy expenditure. Therefore, the streams of variations are organized along the path of least resistance. And it is precisely there the most optimal solutions lie. The mind, captured by pendulums, acts in their interests and is constantly getting out of the optimal streams. In other words, the mind is getting into a maze

– it is looking for complicated solutions to simple problems.

All this reasoning may appear to you as being excessively abstract. But you could test just how real these streams are, by applying some of the principles described in this chapter. *It is truly a luxurious gift for the mind.* Any problem contains coded keys to its solution. The very first key is to move along the path of least resistance. People usually look for complicated solutions, because they perceive problems as obstacles.

And obstacles, as you know, must be overcome with a great amount of effort. We must cultivate the habit of choosing the simplest solution to the problem that comes up.

We all have to either learn something new, or to do something that is already familiar and customary to us. The question is how can we do both the one and the other in the most effective way? The answer is so simple,

that it's really hard to believe: *in accordance with the principle of going with the flow, you must try and do everything in the easi-est and simplest way possible.*

The most optimal variations of any actions are organized in streams. Chains of optimal cause-and-effect links form these streams.

When you are making the decision to take the next step in your action, you are choosing the next link in the chain. You just need to determine which

link belongs to the stream.

What does a person usually do in a case like that? He makes a logical decision, which from the point of view of common sense and everyday experience appears to be the most correct one.

The mind makes a strong-willed decision. It thinks it is able to calculate and explain everything. However, this is not the case –

you can probably confirm yourself, how many times you suddenly remembered that

something could be done differently, only too late. The problem is not that the mind is inattentive or it isn't sharp enough. The mind cannot always choose the optimal variation because the cause-and-effect chains of the flow don't always match the mind's logical constructions.

No matter how hard you try, you will rarely choose the optimal action if you only use logical conclusions. The mind is usually under the pressure of stress, troubles, depression or increased activity. In other words, pendulums are constantly pulling at it. Therefore, the mind is always acting forcefully and mounts a frontal attack upon the external world.

In order to choose the next chain of the flow, we need only to free ourselves from the strings of the pendulum and just obediently follow that stream. That is, we should take the balanced position and not create excess

potential. In order to not create excess potential, we need to constantly monitor the level of importance.

When you are in a state of balance with the surrounding world, simply go with the flow.

You will see a multitude of signs that will guide you. Let go of the situation, don't become a participant, but the observing bystander. Not a slave, and

not the master, but simply someone who performs actions.

Order your Overseer to pull you back whenever your mind tries to make a

"reasonable" strong-willed decision. Rent yourself out as a performer, while observing the work from the sidelines. *Everything is a lot easier than it seems. Yield to this simplicity. It is the mind that brings you to a waterfall, not the flow of variations.*

For example, you have to find something you really need in a shop. But you don't know exactly where this thing is. The mind will

suggest the most reasonable, but often the most complicated option. You've gone round half the city, but in the end you find that item in a shop close to your house. If the importance of the problem had been lower, the mind would not have looked for a complicated solution.

Here's another example. There is an entire to-do list in your hands. What should you choose to do first and what later? You don't have to think about it. If following a specific order is not a principle you have – simply do the things you feel like doing. Move together with the flow; untie your mind from the influence of the pendulums. We're not talking about turning into a spineless little paper boat on the waves, but we're talking about not slapping the water with your hands, when it is quite enough with strokes that are smooth, light and easy.

I won't continue the list of examples. You'll make a lot of useful and amazing discoveries, if you at least for the course of one day try to go with the flow. Each time, as soon as you need to find some sort of solution, ask yourself: what's the simplest way of looking for the solution? Choose the simplest method of looking for any solution. Whenever someone or something distracts you or leads you astray, don't be in a hurry to actively resist or avoid it. Try to rent yourself out, and watch what happens next. Every time you need to do something, ask yourself: what is the simplest

way to do this? Allow things to happen in the simplest way. Every time, when someone suggests something to you or shows you their point of view, don't be in a hurry to reject it or have an argument. Maybe your mind doesn't understand its advantages and doesn't see any alternatives. Activate the Overseer. At first, observe – and only then, act. Go down to the auditorium and don't be

in a hurry to establish control over the situation. Allow the game to develop as much as possible on its own, under your observation.

Don't go slapping the water with your hands.

Don't prevent your life from going with the flow, and you will see how much easier it gets.

Guiding Signs

But how do you distinguish approaching shoals or a waterfall from a normal turn in the flow? We can orient ourselves in the surrounding world with the help of quite tangible signs. The world is constantly giving us these signs.

The most well-known and widely-distributed form of signs is omens. There are good omens and there are bad omens. If you've seen a rainbow – it's a good omen. If you see a black cat – misfortune awaits. These are

examples of established superstitions. Generally accepted omens have been formed as a result of many observations and comparisons. If a high enough percentage of the omens predict what they should, a certain pattern is determined, which then becomes a part of the public opinion, because people are always talking with one another about strange phenomena. However, omens don't always come true, far from it. Why?

What

happens

when

a

man

forgets

something and he has to go back and get it?

He is thinking: returning is a bad omen12.

He doesn’t necessarily have to believe in omens, but the stable, social stereotype nonetheless throws a shadow onto his subconscious. In his thoughts, he is expecting some kind of unpleasant event. Or never mind it, the man is thinking, I won’t go back. But that won’t be of any help either, because the even flow has already been disturbed and the man has already been thrown off balance to some

degree. Expecting misfortune brings certain changes into the parameters of thought radiation, and the man is put onto a life track that corresponds to these parameters. He gets exactly what he is afraid of. He himself allowed this possibility in his script. This explains why the percentage of “working”

omens grows higher.

As you see, generally accepted omens cannot by themselves serve as laws or even as rules.

Why is it that a black cat in particular is a standard bad sign *to everybody*? Or, put it this way, how in the world could a black cat have any kind of influence on our lives? The influence is not the cat, but your attitude to the particular omen. If you believe in omens, they will help shape the events of your life. If you don’t believe in omens, but have doubts, the influence of omens is weakened, but it is there nonetheless. If you don’t believe in them

and don’t pay any attention to them, they will not have any influence whatsoever

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on your life. It’s all very simple: *you get what you allow into your script.* A man who views omens to be superstitions doesn’t have any indication of their validity in the layer of his world. Omens work in the layers of other people’s worlds because those people find proof for their belief in omens, but our skep-tic does not.

If omens themselves don’t have any influence on the events in our lives, then what guiding signs are we talking about? The black cat cannot have any influence, no, but it can serve as a sign, warning you of an event that will take place further on your way in the flow of variations. The question is then only: what signs could be considered guiding signs? After all, if you have made up your mind to monitor everything around you, then you could see signs everywhere. But how do we interpret them? We won’t concern ourselves with interpretations. This is a rather unrewarding task, as it is too

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unreliable and incomprehensible. The only thing you can do is to take the sign into account, increase the Overseer’s level of awareness and be more careful.

The guiding signs are signs that indicate a possible turn in the flow of variations. In other words, a guiding sign serves as a herald of an event that will bring rather substantial changes into the flow of life. If you expect some sort of turn, even a very insignificant one, then a sign could appear that would signal its coming. If an unexpected turn is coming up in the near future, some kind of a characteristic sign could appear as well.

What do I mean by “characteristic”?

The point is that when the flow of variations takes a turn, you move over to a different life track. It will be recalled that a life track appears to be more

or less homogeneous, as far as the quality of life is concerned. A stream in the flow of variations can intersect various

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life tracks. These differ in their parameters.

Changes that have taken place can be insignificant, but you would nonetheless feel that something is different. And it is this qualitative difference that you'll notice, either consciously or subconsciously: as if something is not quite the same as it was a minute ago.

Thus, guiding signs appear only in those cases when a transfer onto another life track is initiated. You could ignore a separate phenomenon. For example, a crow croaked but that didn't put you on alert, you didn't feel any qualitative difference - that means you are on the same life track as before. But if you did pay attention to the phenomenon, having felt something unusual, something odd about the whole episode - it could be a sign.

A sign is different from an ordinary phenomenon in that a sign always signals that the ongoing transition to a substantially

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different life track is going on. The phenomena that usually put us on alert are those that happen right after a completed transfer onto a different life track. This is because life tracks are qualitatively different from each other. These differences can be of various kinds and it is often hard to explain or put a finger on the actual difference: you just have *a feeling that something is not quite right.*

When the transfer has been completed, we feel it intuitively and sometimes even notice obvious changes in how the signs look. As if from the corner of our eye we see, or suspect, that something new has appeared in the flow. Signs act as pointers, they say to us: something has changed, something has happened.

Usually, a phenomenon that takes place on the current life track doesn't put us on alert.

It has the same quality as other phenomena on the given track. However, if a man is ignoring everything that happens around him,

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he won't be able to notice the obvious signs as well. The transfer to a substantially different track normally happens gradually, through intermediate tracks. Signs on these tracks could appear as warnings having various degrees of severity. Sometimes a man ignores the first warning. The transfer continues, then the second warning appears, then the third and if after this he doesn't stop, then what was meant to happen on the final track happens.

As we have already discussed, it's very difficult to interpret signs unambiguously. You cannot even be sure whether a phenomenon that attracted your attention is a sign or not.

We can only take into consideration that the world is trying to tell us something. We are mostly interested in the approaching shoals and rapids. Sometimes it would be nice to at least get a hint of what is waiting ahead. In most cases, you could phrase the question so that there would be two possible answers:

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yes or no. For example, will it work out or not, will I be successful or not, will I be able to do it or not, will it be good or will it be bad, will it be dangerous or not and so on.

Any interpretation of a sign should be brought down to one question, the answer to which is either "positive" or "negative".

It's not worth counting on a greater degree of accuracy.

The sign carries in itself a *hint* to the quality of the up-coming turn. If you associate the sign with unpleasant sensations and it fills you with misgivings, distrust, unpleasant surprise, worry, discomfort, then it means that the sign is signaling a negative turn of events. If the sensation is ambiguous, then there's no point in trying to interpret the sign

– the evaluation would be unreliable. In any case, you shouldn't be worrying too much about this sign or attributing too much significance to it. However, if you have already paid attention to the sign, then you shouldn't

disregard it either. Maybe the sign brings a warning - that you need to be more careful or that you ought to change your behavior or stop doing something in time, or choose another direction for your actions.

Signs can take on the most varied forms. You only need to distinguish what meaning they carry – positive or negative. For example, I am in a hurry, but an old little lady with a crutch is blocking my way. There is no way I can go around her. What does this mean?

More than likely, I will be late. Or there goes my bus, which ordinarily doesn't go very fast, but today for some reason it is speeding like crazy. Apparently, I've gone too far in some situation and I should be more careful.

Another example could be that I am trying to do something that is not really going too well, no matter what I do. There is always something or other in the way and the whole thing is simply not running as smoothly as it

should. Maybe it's a dead-end and I don't need to go down that way at all?

The main good thing about signs is that they are able to wake you up from a waking sleep in time. In addition, they make you realize that you are possibly acting in the interests of a destructive pendulum and to your own disadvantage. Humankind often makes fatal mistakes when under the

pendulum's zombi-fying spell, and only later remembers that they weren't at all aware of their actions, not on their guard. In such cases, it would be useful to interpret even the harmless signs as warnings. It's never wrong maintaining a sense of caution, being aware of what is going on and having an overall sensible view of things. It is important to keep cautiousness from turning into anxiety and suspicion. You have to care about things without worrying about them. Give yourself out to rent, and be impeccable in everything you do.

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Strange as it may seem, the clearest and most precise guiding signs are phrases spontaneously uttered by other people, something that was mentioned in passing, without putting much thought into it. If somebody is clearly and intentionally trying to impose their opinion on you – don't pay much attention to it. But if someone spontaneously mentions something to you about what you could in a specific situation – take it very seriously.

Spontaneous phrases are those which people say without really thinking about it. You can probably easily recall a similar situation, where you answered something immediately, almost automatically and without thinking.

It seems as if the answer is already there somewhere deep down inside your consciousness, and it falls from your lips, sur-passing the analytical mechanism of your mind. In a similar fashion, thoughtless phrases are mentioned when your mind is

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slumbering or when it is busy with something else. When the mind slumbers, the soul speaks and the soul, after all, is directly connected to the information field.

For example, someone says to you in passing, "Take a scarf with you, you'll catch a cold otherwise." If you don't take the advice, you'll regret it later for sure. Or say, you're concerned with some kind of problem and someone

incidentally

recommends

something that is of little importance to you.

Don’t be in a hurry to wave it away. Consider their opinion instead. Or, in another case, you’re convinced you’re right, when someone by accident shows you that it is not the case and you are wrong. Don’t be stubborn. Take a look – maybe you are beating water with your hands?

Inner discomfort is also a very clear sign, only we don’t pay much attention to it in most cases. If you have to make a decision,

no one knows better than your own soul how to make it. It’s often very difficult to understand what exactly the soul wants to tell us.

But, as was shown above, we can quite unambiguously determine whether the soul likes the mind’s decision or not. Say, you have to make some kind of decision. Stop and listen to the rustling of the morning stars. But if your mind has already made a decision and you remembered about the rustling a little too late, try to recall what you were feeling when you made the decision.

These feelings can be described as “I feel good” or “I don’t feel good.” If you made the decision reluctantly, if it didn’t really feel right, then you clearly “don’t feel good”

about it. In that case, if the decision can be altered, go ahead and do it.

To determine the level of your inner discomfort is not too difficult. It’s only difficult *to remember* in time to listen to one’s feelings, since the mind believes to have authority in

its reasoning and thus, it doesn't want to listen to anyone but itself. The loud roar of common sense does not only drown out the whisper of the soul. Your mind is always trying to substantiate and prove its case in every way. Here you stand before a choice:

"yes" or "no." The soul tries to timidly object:

"no". The mind realizes that the soul is saying "no," but pretends that it didn't hear the soul's whisper. So, the mind puts forward persuading arguments to support its "yes", based on "sensible reasoning". Having read these lines, put them away in a separate file in your memory and the next time when you are making a decision, remember them.

You'll see that everything takes place exactly as described above.

I suggest you keep in mind this simple and reliable formula for determining when you soul is saying "no": *if you have to convince yourself and talk yourself into saying "yes", then that means your soul is saying "no."*

Remember, *when your soul is saying "yes", you don't have to talk yourself into anything.* We'll return to this formula later on.

You have to always pay attention to what signs your world is showing you. Having said that, you shouldn't look for signs in everything. "Look, the birds are flying high in the sky. What could this mean?" Well, they're not afraid of heights so that is why they are flying so high. You need only to take signs into consideration and *keep in mind* that they might be guiding signs. As soon as you forget about this, the pendulums will take you by the hand and you could become a victim of circumstances.

Special attention should be paid to those desires and actions that are able to change your life dramatically. If your desire makes you feel some discomfort and there is the possibility of refusing that desire - then do exactly that. In this case, the desire is not coming

from the soul, but from the mind. The mind's desires are always imposed by pendulums.

The very same is true of actions. If you ignore the inner discomfort you are feeling, in the majority of cases nothing awful will happen, but sometimes you'll be very sorry.

Therefore, if possible, it is better *to refuse* desires and actions that evoke discomfort, doubts, apprehension or feelings of guilt.

This will greatly simplify your life and free you from a lot of problems.

However, there is one "but." If a series of incorrect actions have tied an intricate knot then the method of simply refusing desires and actions won't always be appropriate. In some cases, you will have to do "uncomfortable" things, like not telling the truth or going to your much hated work. However, once these knots are untied, you can go right ahead and apply the method of refusing desires and actions.

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That's about all that can be said about guiding signs within the framework of the Transurfing model. Only you can notice and interpret your own signs. And you don't have to take a course on how to do it. You will understand everything on your own, if you'll pay attention to yourself and the world around you. Just keep in mind that you shouldn't give too much importance and significance to ambiguous signs, as in doing so you could activate negative interpretations in the script of your life. In order to not run aground and to not drift into the rapids in the flow of variations, you only have to refrain from creating excess potential. Then you could get by without any signs. After all, it is beyond us to clearly understand their true meaning. The only sign which you should pay particular attention to is you state of inner comfort, every time you are about to make a decision. It's really worth listening to the rustling of the morning stars.

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Letting

Go

of

the

Situation

Streams in the flow of variations relieve the mind of two overwhelming burdens: the necessity to rationally solve all problems and to have all situations under constant control. Of course, the burdens will be lifted only if the mind is willing to relieve itself of them. In order for this to happen, the mind needs a more or less rational explanation to why it is a better option not to carry these two burdens around. As you've probably noticed, there are a lot of irrationalities in this book, a lot of things that do not conform to common sense. And even though Transurfing is not aimed at explaining the structure of this world, I still have to, in one way or another, present arguments to support all of these conclusions that appear shocking to the mind.

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How else? To shake the solid wall of common sense is very difficult. The mind is not used to accepting proof, based only on faith.

It demands facts to be based on real evidence. You can get real evidence yourself, if you test the principles and methods of Transurfing in real world situations. I can only present you with certain arguments, so as to calm the suspicious mind. In the worst case, not only would you not begin to verify any of these principles, but you would read no further. And yet, this is really only the beginning. There are many more discoveries waiting for you ahead.

The two overwhelming burdens that our mind is carrying around were laid upon it back in our childhood. We were constantly being trained: "Use your head! Are you aware of what you're doing? Explain your actions! Do your homework, because only if you learn to use your mind will you ever be able to achieve anything in life. You dumb

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head, you! Will you ever learn?" Our teachers and life circumstances have made a "soldier"

out of our mind, a soldier ready at any moment to find an explanation, to give an answer to any question posed, to evaluate a situation, to make a decision, to maintain control over what is happening. The mind is taught to act rationally, with common sense.

Just don't be thinking that I am so full of myself that I am ready to sweep common sense away all together. It is actually quite the opposite - common sense is a minimal collection of necessary rules, which tell you how you should behave yourself in the surrounding world in order to survive. The mind is making only one mistake – it is following this set of rules too literally and too strictly.

Obsession with common sense prevents the mind from looking around and seeing that which doesn't agree with these rules.

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And there are so many things in the world that diverge from common sense. The proof of this is the inability of our mind to explain everything, or to protect us from trouble.

There's a very easy way out of this situation: to rely on the streams in the flow of variations. The basis of this logic is also very simple: as it happens, expediency lies in these streams, and that is exactly what the mind is looking for. As you know, streams follow the way of least resistance. The mind strives to reason sensibly and logically, rely-ing on the links of cause and effect. But the fact that mind is not perfect keeps it from correctly orienting itself in the surrounding world, and from finding only the correct decisions.

But nature is in essence perfect, thus there is more expediency and logic in the streams than in the very wisest argumentation. And no matter how much the mind is convinced of the fact that it is thinking sensibly, it will

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be mistaken nonetheless. Yet, the mind will make mistakes in any case, but there will be fewer of them if the mind will moderate its zeal and, if possible, will let problems be solved on their own without actively interfering with the process. That is what we call *to let go of the situation.* In other words, you must loosen your grip, lower the amount of control, not disturb the flow and give more freedom of action to the surrounding world.

You already know that pressing and pushing the world is not only useless but also harmful. When not agreeing with the flow, the mind is creating excess potential. Transurfing proposes an entirely different way. First of all, we create our obstacles ourselves by pumping up excess potential. If you were to lower importance, obstacles would eliminate themselves. Second of all, if an obstacle doesn't give in to your efforts, you should not fight it. Just go around it. The guiding signs can help you.

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The mind's problem also lies in its tendency to perceive events that do not fit in its script as obstacles. The mind usually plans and calculates everything in advance, while if something unforeseen suddenly happens, the mind starts actively fighting it, in order to fit events to its own script. As a result, the situation becomes even worse. Of course, the mind is not in a condition to plan events ideally. At this point, more freedom has to be given to the flow. The flow is not interested in ruining your fate. It would, again, be un-advisable. It is the mind which ruins your fate with its unreasonable actions.

Expediency, from the mind's point of view, is when everything is running according to the predesigned script. Everything that doesn't agree with the script is perceived as an undesired problem. And problems have to be solved. Thus the mind takes on this mission with great diligence, creating new problems.

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In this way, the mind itself is piling up a whole lot of obstacles on its way.

Think about it: when do people feel happy, when do they experience satisfaction, when are they satisfied with themselves? When everything goes according to plan. The least deviation from the script is perceived as a failure. Inner importance won't allow the mind to accept the possibility of deviations.

The mind thinks, "After all, I've planned and calculated everything in advance. I should know better, what is good and what is bad for me. I'm being sensible." Life often gives gifts to people, which they reluctantly receive, only because these gifts are not part of their plan. "I wanted a different toy!" Reality is such that we hardly ever get just the toys we were planning to have. Thus, we are all walking around gloomy and dissatisfied. And now imagine how much more enjoyable life would be, if only the mind were to lower its

importance and recognize the right of deviations to exist in the script!

Everyone can regulate the level of their own happiness. Most people set the lowest bar of happiness much too high, and thus do not consider themselves happy. I am not preaching that you should be happy with what you have. The doubtful formula of the type "if you want to be happy – then just be happy"

isn't suitable for Transurfing. You will get your toy, but we'll talk about that later, in parts two and three. Now we are talking about how to avoid unpleasant events and how to decrease the number of problems.

The mind cannot use the ready solutions to problems in the streams of the flow of variations. This is only because the mind is not willing to allow any deviations in its script.

The mind's manic tendency to keep everything under control turns life into a constant battle with the flow. The mind

couldn't really allow the flow of variations to move on its own without submitting to its will now, could it? Thus, we've come to the mind's main mistake. *The mind is not striving to control its movement along the flow, but the flow itself.* This is one of the major reasons why problems and unpleasant events appear.

The expedient stream, moving along the path of least resistance, cannot create problems or obstacles – they're created by the muddle-headed mind. Activate the Overseer and, at least for the course of one day, observe how your mind is trying to control the flow. Something is proposed to you, and you refuse.

Somebody is trying to tell you something -

you wave it away. Somebody expresses their opinion, and you argue against it. Somebody does something his own way, and you set him on the right path. You are offered a solution, and you refuse. You wait for one thing, but get something completely different and

express your dissatisfaction. Someone interferes with you, and you lose your temper. Something goes against your script, and you launch a full frontal attack to direct the flow into the needed channel. Maybe for you personally, it all happens somewhat differently, but there is a grain of truth in all of this. Am I right?

And now try to loosen you grip of control and grant more freedom to the flow. I am not suggesting that you agree to everything or that you accept everything that is handed to you. Simply change your tactics: move the center of gravity away from control to observation. Strive to observe more than to control. Don't be in a rush to wave things away, to object, to argue, to push forward your own opinions, to interfere, to control or to criticize. Give the situation a chance to resolve itself without your active interference or resistance. You'll be, if not dumbfounded, then at least amazed, that's for sure. And what

will happen is a completely paradoxical thing. *Having refused control over situations, you will gain even more control than you had before.* A detached observer always has a greater advantage than a first-hand participant. This is why I am constantly repeating: rent yourself out.

When you look back, you'll become convinced that your control was against the flow. The suggestions of others made a lot of sense arguing with them was completely useless. Your interference was in vain. What you saw as obstacles were not obstacles at all.

Problems resolve themselves quite fine even without your knowledge. Everything you got that you didn't plan for wasn't that bad after all. Incidental phrases that were mentioned in passing were actually quite valid. Your inner discomfort served as a warning. You didn't waste any excess energy and remained satisfied. This is that magnificent gift of the flow to the mind I spoke of in the beginning.

And of course, in addition to everything mentioned before, let's remember our

"friends." To move in agreement with the flow is made difficult by pendulums. They make up provocations at every step a person takes, forcing him to violently beat the water with his fists. Pendulums don't like the existence of streams in the flow, for one simple reason - the stream moves in the direction of the minimal expenditure of energy. Energy spent by a man who struggles with the flow goes to creating excess potential and to feed pendulums. The only control worth talking about is control over the level of internal and external importance. Remember that it is importance in particular that interferes with any attempt the mind makes to let go of the situation.

To let go of a situation is in many cases much more effective and useful, than insisting on one's own way. People's striving for self-assurance gives rise to the habit of proving

one’s significance already from childhood.

From this stems the tendency, that is harmful in all senses, to prove that “I’m right”, no matter the costs. This striving creates an excess potential and enters into conflict with the interests of others. Often people try to prove that they are right, even when the ver-dict for one side or the other doesn’t directly affect their interests.

There are some people, whose feeling of inner importance is so exaggerated that they strive to get their own way even when it comes down to the smallest of details. Inner importance develops into a mania to keep everything under control. “I’ll prove I am right to everybody, whatever it may cost.” It is a harmful habit. It really complicates one’s life, in particularly the life of the defender of the truth.

If your interests won’t suffer too much from it, then go ahead and let go of the situation.

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Allow others the right slapping the water with their hands. If you do this with full awareness, then immediately you will feel so relieved and simply wonderful – even more than if you had proved your point. You will find satisfaction in the fact that you’ve moved up to the next step: you didn’t uphold your importance, as you would usually do, but you have acted like a wise parent with unreasonable children.

Let’s look at one more example. Excessive zeal at work is also as harmful as a careless attitude. Let’s suppose that you’ve managed to get that prestigious job you’ve been dreaming about for a long time. You make great demands on yourself because you think that you have to show your best. This is true.

But, if you too zealously seize the bull by the horns, most probably you won’t be able to take the pressure, especially if the job is difficult. In the best case, your work will be inef-fective, while in the worst case, you’ll have

gotten yourself a nervous breakdown. You could even arrive at the false conclusion that you aren't capable of dealing with this job.

Another option is also possible. You stir up a vigorous activity at your new job and in this way disturb the established order of things.

It would seem that there are quite a few things at work that could be made perfect, and you're absolutely certain that you're acting correctly. However, if your innovations bring destruction to the usual way of life at the work place, don't expect anything good to come of it. This is the case when the initiative is punishable. You were put into a slow, but peaceful and even flow, and you started with all your might be slapping the water with your hands, trying to swim faster.

So what, does this mean that you are not allowed to say a word and shouldn't stick out at all? Well, it is not quite that tough. Approach this question with a business mind

set. You can only become annoyed and scold someone who is directly bothering you, and only in the case when your criticism can change something for the better. Never criticize what has already happened and what cannot be changed. In everything else, you need to go with the flow – but not literally, agreeing with everything and everybody, but only by moving the center of gravity from control to observation. Observe more and don't be in a hurry to control situations, people and so on. The feeling of moderation, how and when to interfere, will come to you by itself. Don't worry about that.

Summary

The mind interprets information using a collection of well-established labels.

The soul doesn't think and doesn't speak, but it feels and knows.

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The mind is only able to create a relatively new version of a house made out of old bricks.

Entirely new discoveries come from unrealized sectors.

The soul serves as a mediator between entirely new information and the mind.

The soul accepts unrealized information as knowledge without interpretations.

If the mind is successful in interpreting the soul's information, a discovery is made.

The mind is capable of unambiguously determining the state of inner comfort.

Train yourself to pay attention to inner comfort.

Having refused importance, you will get the freedom to choose your destiny.

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Freedom of choice allows you to stop asking, stop demanding, and to stop struggling.

It allows you to go and take whatever you want.

The structure of information is arranged in-to chains of cause and effect links.

Cause and effect links give rise to the flow of variations.

The paths of least resistance are arranged into separate streams.

Streams in the flow of variations already have in themselves the solutions to all problems.

Internal and external importance throw the mind out of the optimal stream.

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It is the mind which leads you to a waterfall, and not the streams in the flow of variations.

Everything is a lot easier than it seems. Give in to this simplicity.

It is not the omen that works, but your attitude to it.

Guiding signs point at possible turns in the flow of variations.

Life tracks differ qualitatively from one another.

Signs put us on alert, because they appear during a transfer to another life track.

Signs can be distinguished by their ability to create a sensation that something is not quite right.

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Spontaneous phrases can be perceived as clear instructions which you may act on.

The condition of inner discomfort is a clear sign.

If you have to talk yourself into something, it means the soul is saying "no."

If you have the possibility to refuse an uncomfortable decision – refuse it.

It's necessary to loosen the grip and accept unforeseen events in your script.

Importance gets in the way of your accepting the possibility of deviations in your script.

The mind strives to control, not its own movement along the flow, but the flow itself.

Move the center of gravity from control to observation.

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Having relinquished control, you will get real control over a situation.

If you move along the flow of variations, the world will come out to greet you.

NOTES

1 A reference to the lyrics from a popular Russian song - “City of Childhood” (tr.) 2 Realization – to make something real. In the context of this book - turning a particular sector in the space of variations into material reality. (tr.)

3 “Egregor”, is a relatively recent word bor-rowed from the Greek, *egeiro*, which means

“to be awake, to watch”. Egregor, as a word, is now being used in psychological and eso-teric literature when referring to a “thought form” or “collective group mind”. For more information see Bernstein, L “Egregor”

online.

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4 Alexandre Dumas (1802 – 1870), most famous for his literary classic “The Three Musketeers” (tr.)

5 For more information on how to use

“slides”, see Chapter II, in The Rustling of the Morning Stars, the Second Book in the Transurfing series.

6 Russian proverb (tr.)

7 For more information on goals, see chapter IV in the second book in the Transurfing series “The Rustling of the Morning Stars”.

8 “Transurfing Reality” is a series of five books. (tr.)

9 Russian saying (tr.)

10 In this case, the author is not referring to a personal disaster but rather to a global one

like an airplane crash, natural disasters, fire, terrorist attacks, etc.

11 Russian children’s game – the equivalent of several Western chasing games e.g. “The Game of It”. The point in the game is to avoid the big bad wolf. In this context, the wolf, of course, represents the obstacles on the way to one’s goal. (tr.) 12 Russian superstition

O is a symbol of the world, of oneness and unity. In different

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and that challenge accepted opinion, both that of academia and

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